

9-14-1989

Casco Bay Weekly : 14 September 1989

Follow this and additional works at: http://digitalcommons.portlandlibrary.com/cbw_1989

Recommended Citation

"Casco Bay Weekly : 14 September 1989" (1989). *Casco Bay Weekly (1989)*. 37.
http://digitalcommons.portlandlibrary.com/cbw_1989/37

This Newspaper is brought to you for free and open access by the Casco Bay Weekly at Portland Public Library Digital Commons. It has been accepted for inclusion in Casco Bay Weekly (1989) by an authorized administrator of Portland Public Library Digital Commons. For more information, please contact campbell@portland.lib.me.us.

Casco Bay WEEKLY

RECEIVED

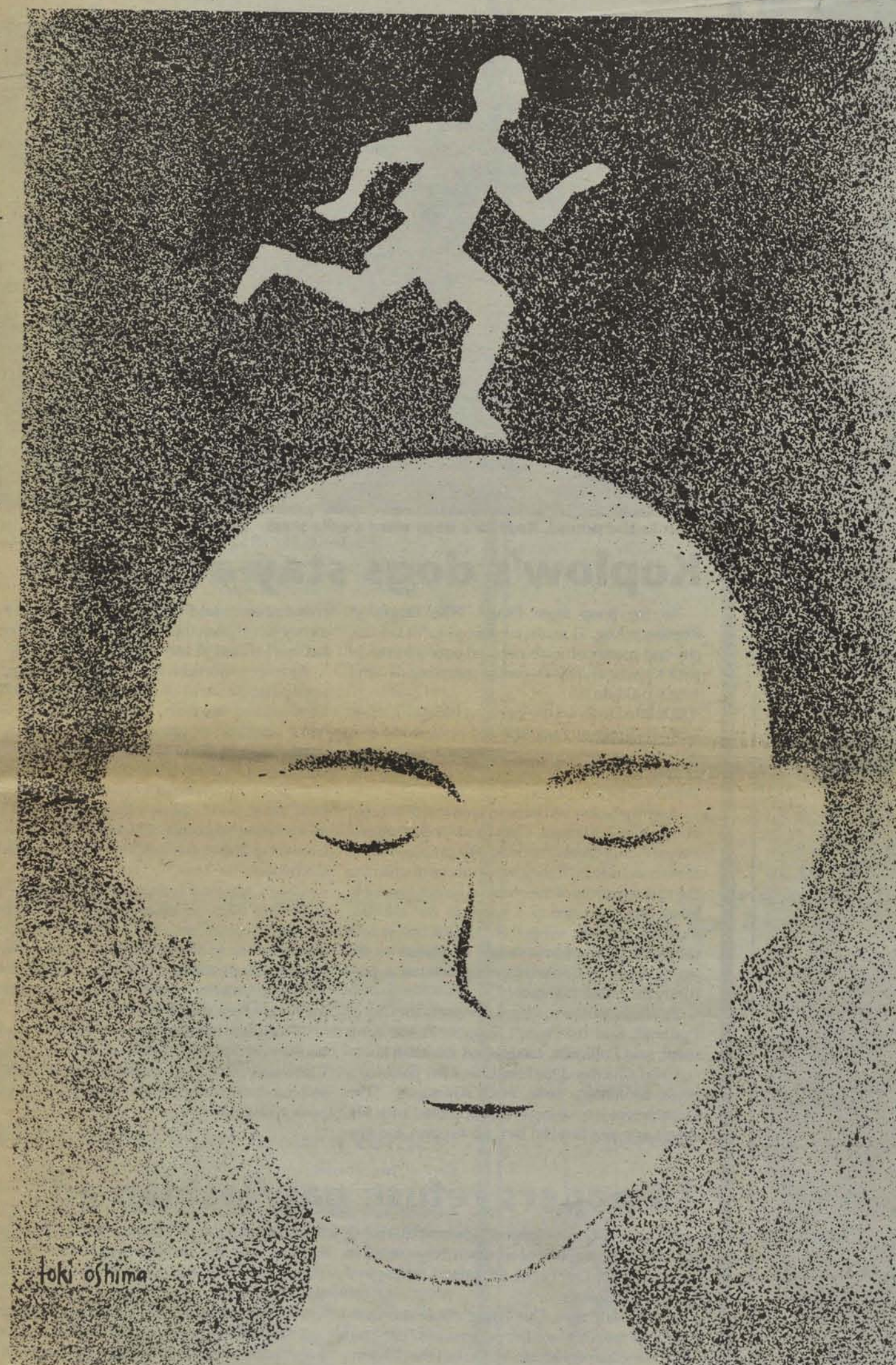
SEP 15 1989

PORTLAND PUBLIC LIBRARY

Greater Portland's news and arts weekly

SEPTEMBER 14, 1989 FREE

September 14, 1989



Toki Oshima

Mind and body.

CBW illustrations by Toki Oshima

QUARTERLY WELL NESS REPORT

"NATURAL" FOOD?

page 8

The big food-manufacturing conglomerates have their marketing fingers on the health-conscious pulse of today's shoppers: some have even changed ingredients. But much of what's peddled under the catchy rubric of "healthy" is the same overprocessed, high-fat swirl that inflated our national spare tire in the first place.

MIND & BODY

page 9

The mind-body connection is hitting the mainstream. A growing body of evidence is showing that the mind can help motivate and provide greater general health, stamina and performance in physical activities - while regular exercise, in turn, can increase relaxation and a positive mental attitude. For the average healthclub member as much as the Olympic competitor, relaxation and a positive outlook can be an integral part of wellness.

SPORTS GEAR

page 10

It used to be that you'd jog around your neighborhood in your sweats and an old T-shirt. But now "gear" is scientific: the laws of thermodynamics dictate that everything be streamlined and built for motion. Here's the latest laundry list in sports gear, everything from ankle weights and sports bras to heart-rate watches, hi-tech jump ropes and portable gyms.

◆ INSIDE:

UPDATES page 2

WEIRD NEWS page 3

TALK page 4

VIEWS page 6

WELLNESS page 8

CALENDAR page 12

LISTINGS page 14

ART SEEN page 16

SPORT page 18

CLASSIFIEDS page 21

PUZZLE page 23

POOK page 23



Jaildogs.
See page 4.



Getting lost.
See page 14.



Photo art.
See page 16.

Convertible Futon Frame \$199.⁰⁰



PACKAGE PRICE
Here's how it works:
Buy any frame, futon or cover separately
or buy all three and save 10%!
Double size, as pictured.
Monterey Pine Frame \$199.00
1" standard foam core futon \$59.00
Solid color cover \$397.00
Less 10% \$357.30
You Pay \$357.30
You save \$39.70 off our everyday low price!

Monterey Pine

This perfectly functional convertible is made of fine Monterey Pine and is finished beautifully by a master furniture maker. Totally portable – and the simple three-hinge assembly is a snap!

Choose from the largest selection of futons, futon frames and covers in New England. Futon mattresses from \$89.00 to \$279.00.

621 Forest Avenue near Woodfords Corner, Portland, Maine
871-0578
Satisfaction Guaranteed Exit 6B off Route 295

FUTON FURNISHINGS

Hours: Mon. & Thurs. 10-8 Tues, Wed, Fri 10-7 Sat. 9-5, Sun 12-5
Visa, Mastercard, American Express, Discover and personal checks welcome.



THE ARCHE SHOE CONCEPT

Color, comfort, quality and simplicity.
A certain way of feeling good.
A way of life.

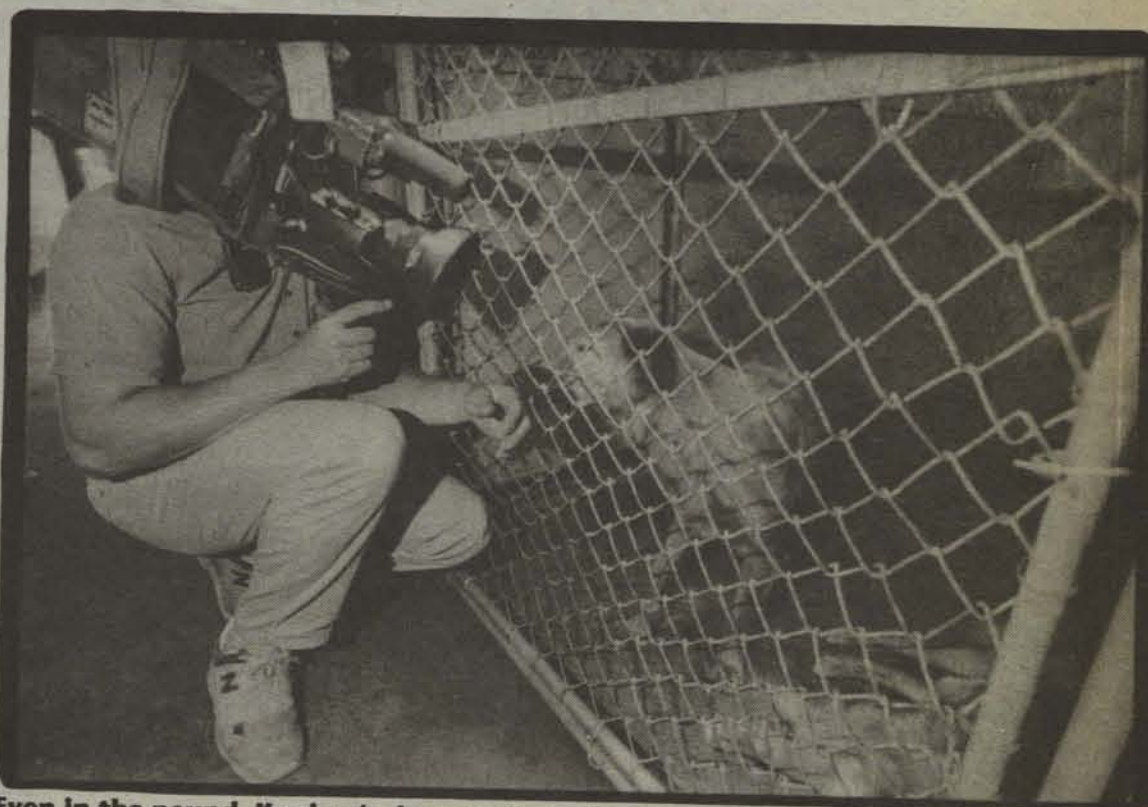
Available in the softest skins
in a variety of sumptuous styles
and luscious shades.
Only at Amaryllys.



Amaryllys & Beautiful Clothing
AMARYLLIS

Amaryllys Clothing Co.
41 Exchange Street, Portland, ME 04101
772-4439

UPDATES



Even in the pound, Koplow's dogs were media stars.

CBW/Tonice Harbert

Koplow's dogs stay at pound

As the poop from David "The Dogman" Koplow's Aug. 31 arrest continued to hit the fan, city and county officials debated over what to do with Koplow and his six canine companions – and who would do it.

It started to fly on the morning of Sept. 8, when District Attorney Paul Aranson announced that he would not prosecute The Dogman for his violations of Portland's leash law and allegedly shoving a police officer.

Aranson knew his decision would set Portland Police Chief Michael Chitwood and Portland Mayor Esther Clenoff barking. His prepared statement concluded: "If they are desirous of utilizing the vast resources of the criminal justice system to bring him to justice as a result to this shoving incident, then the subject of David Koplow and the prosecution of him should be placed on the agenda of a City Council meeting with full opportunity for public comment."

But Beth Poliquin, a legal advisor to the City of Portland, said that won't happen. Public comment, said Poliquin, established the leash law.

Chief Chitwood gathered his own pack for a press conference soon after Aranson's. "The Department is once again disappointed with Mr. Aranson's predictable lack of support for law

enforcement," said Chitwood. "The District Attorney has chosen the easy path of popular opinion and refused to enforce law."

Aranson's decision also put Chitwood in the unpopular position of making the final call on Koplow and his dogs. According to the court order, Koplow's not paying the fine and reclaiming the dogs by Saturday, Sept. 9, meant the dogs would be available for adoption. But Officer Jim Pelletier, who oversees Portland's Canine Control Center, said Koplow's dogs will not be available for adoption unless Chitwood says so. "Mike Chitwood makes the call," said Pelletier. "Mike Chitwood's the boss."

Until Chitwood makes that call, four of The Dogman's dogs are impounded at the Portland Canine Control Center while two are being held at a veterinarian office. The press pooled into the pound on Sept. 8 to visit the dogs, who are costing The Dogman a flat fee of \$11 each plus \$6 each for every day they spend there.

"From time to time the police are called upon to take action that enjoys little public support," said Chitwood. "The arrest of David Koplow and the impoundment of his dogs is a classic example of such a situation."

Andy Newman

15 papers refuse gay/lesbian ad

Fifteen Maine newspapers indicated that being gay or lesbian was bad news when they refused to run an ad from Our Paper, a Portland-based gay/lesbian newspaper.

Diane Matthews, Our Paper's business manager, said that this June her paper sent 47 pre-paid ads to newspapers across Maine but that 15 came back with the Our Paper check – all but one of those refusals with no explanation. The ad read: "Gay? Lesbian? Join thousands of lesbians and gay men in Maine. Subscribe to Our Paper. For free sample and subscription info-pack (mailed in a plain envelope) write to: Our Paper (address)."

Our Paper had never advertised outside of Greater Portland, said Matthews, who "expected some conservative reaction." But she added that "It was kind of depressing to see so many of them coming back." She acknowledged those newspapers' right not to print the ad, but said their choice was discriminatory.

Although it's a free paper, about 10 percent of the 4,000 papers Our Paper prints are mailed to subscribers who fork over \$12 dollars a year for it. Matthews said that most of their subscribers live in "isolated areas" of Maine or are self-conscious about picking it up in public. The 32 ads that did run were targeting potential subscribers – and

triggered more than 300 requests for subscription information. But those requests came with no thanks to the 15 Maine papers who censored the ad.

Ron Simard, advertising manager at the Lewiston Sun, said, "I chose not to run that type of ad. I really don't need to get into it – you know what's going on."

John Nygren, advertising manager of the Bangor Daily News, recited policy: "We reserve the right to accept or reject advertisements. It's just a decision we made." Asked specifically what he objected to in the ad, Nygren repeated the policy.

"Off the top of the top of my head," said Kay Forte-Martel, general manager at the York Weekly. "I would say that's something we chose not to run, period." She would not go into specific reasons, period.

The other papers that refused the ad are the American Journal (in Westbrook) the Bar Harbor Times, the Calais Advertiser, the Norway-South Paris Advertiser Democrat, Quoddy Tides, the Republican Journal (in Belfast), the Rumford Falls Times, the Sanford News, the Skowhegan Reporter, the Waldo Hancock Sunday, the York County Coast Star and the Wiscasset Times.

Andy Newman

THE WEEK IN BRIEF:

Bar moratorium shut off

Councillor Peter O'Donnell dropped his proposed Old Port bar moratorium on Sept. 6, admitting that a bar ban would have been a "Band-Aid solution" to late night rowdiness in the Old Port. O'Donnell said that long-term solutions proposed by Old Port bar owners were instrumental in his decision to drop the ban. Now O'Donnell is considering more police coverage of the Old Port (perhaps funded by tacking an additional fee on bar licenses), prohibiting late-night street vendors around whom partiers linger, and enacting stricter local public urination laws.

Channel 24 goes dark

W24AR, channel 24 on the UHF dial, may have broadcast its last night of regular programming on Sept. 4. "The story is we just went dark," said Caroline Gallagher, Operations/Production Manager and sole remaining staffer at the station. Gallagher said that the future of the station is unclear, but that it will occasionally flicker on when she puts it on the air to keep the station's license active.

Slumlords to tangle in court

A proposed affordable housing development on Sherman Street hangs in the balance as two groups of Portland slumlords fight each other in court. Bayside Associates, a syndicate began by the subjects of CBW's "The Con Men" cover story (3/30/89), are suing John Lightbody and Kenneth Bowden, partners in New Sherman Street Associates and the subjects of CBW's "Sherman Street's Secret Slumlords" cover story (1/12/89). Bayside Associates sold 56-60 and 77-79 Sherman St. to Lightbody, Bowden and partners in 1987 and now want them to pay up on more than \$350,000 of promissory notes.

Lightbody and Bowden are crying poverty, but the suit alleges that they've transferred their assets into their spouses' names. The court battle and a recent fire at 77-79 Sherman St. are delaying a plan by the York-Cumberland Housing Authority to convert the buildings into low-income housing.

Portland's homeless rest assured

With the nights getting colder and longer, the United Way has published an emergency food and shelter directory. The directory lists places where people who are homeless or in crisis can sleep and get a meal. According to Doris Hohman, Director of Health and Human Services for the City of Portland, every shelter and soup kitchen listed in the 16-page directory is open year-round. Directory and shelter information can be obtained by calling the United Way at 874-1000 or calling the city at 775-7911 during the day or 761-2072 at night.

New parking rules around corner

On Sept. 6, the Portland City Council reviewed a night parking plan for Portland which will change alternate-side night parking regulations on the peninsula. The plan, which is currently in effect on the West Side, permits parking on both sides of the street for three nights a week and requires alternate-side parking for two weeknights. William Bray, City Traffic Engineer, said the city needs only two nights a week to clean streets – requiring alternate-side parking every night is unnecessary. The Council will vote on making the night parking system peninsula-wide on Sept. 17.

WEIRD NEWS:

■ A 10-foot-high, 300-foot-long concrete wall is being built alongside a schoolyard at Lindbergh Junior High School in Long Beach, Calif. The \$160,000 barrier is designed to protect teachers and students from frequent gunfire occurring in a housing project adjacent to the school.

■ Virginia chicken producers who used to cut off chicken feet and throw them away now export 40 tons of them a month. The opportunity arose after Gov. Gerald Baliles made a trip to the Far East this winter and observed that chicken feet were a popular food item.

■ A California man, Scott Robin Roston, was found guilty of second-degree murder for killing his wife, who was strangled and thrown overboard during a three-day Mexican cruise last year. Roston said that Israeli agents killed her in retaliation for a book he wrote. Roston's book, "Nightmare in Israel," a purported expose of his arrest and confinement in a mental hospital there on robbery charges, sold only one copy.

Roland Sweet/AlterNet

◆ HEALTH & LEISURE SHOW ◆

September 14-16, 1989

Nobody puts your lifestyle all together like the Maine Mall!

Maine Mall invites you to view over forty exhibits of health-related clubs, agencies, and organizations. Special displays feature Health and Racquet Clubs, Pool and Hot Tub Experts, and Resort and Retirement Opportunities.

Listen to FM 103 for details on how you can win a 1 year membership to New England Health and Racquet Club in Saco.

NEW ENGLAND HEALTH & RACQUET CLUB REGISTRATION

Name: _____

Address: _____

Phone: _____ Age: _____

Participants must be eighteen years of age or older to register. Contest is sponsored by the Maine Mall, FM103, and New England and Racquet Club in Saco. Maine Mall employees and their families are not eligible to enter.

One membership awarded each day of the show along with plenty of other GET FIT prizes!



134 stores including Jordan Marsh, Filene's, Sears, J.C. Penney, Porteous, and Filene's Basement are Open Daily, 9:30-9:30 p.m. Monday thru Saturday. Over 60 stores are Open Sunday, Noon-5. Maine Turnpike, Exit 7, Maine Mall Road, South Portland, Maine.

FASHIONS FOR FALL 1989

• The SWEEP
By: Maralee Ferree

PLUS • new Fall colors and styles from other designers arriving daily. Also some new SURPRISES are in the store! Sooo-don't miss our fall preview all this month!

options

36 Danforth St. • Portland • 772-8607
Mon. - Sat. 10 - 5 pm • and sometimes later, call ahead!

SWITCHING TO COMPACT DISC?

Sound Alternatives, Portland's newest music store wants to make the switch easier. We'll pay you \$ for those old albums and offer you a great selection of low priced CDs. At last there is an alternative!

Sound Alternatives 402 Forest Ave., Portland
(Across from Tri-State Auto) 774-4446

KAREEMI'S INC.

Made on the premises.
Grapeleaves - lamb or vegetarian
Imjaddarah - brown rice with lentils
Baked Kibbee with lamb
Baba Ghanouj
Hummous, Tabouli

M-F 11-7, Sat 11-4
9 Q St. So. Portland
799-0495

Lebanese FOOD

Sail the Schooner ANNIE McGEE
"A Real Maine Pinky"

Daily departures from Long Wharf
U.S.C.G. Licensed Captain

Charter, Full day, Half day & Sunset 774-3578

Blatter BOOKS

146 Ocean St., South Portland
Tel. 799-SAVE
Used & Out-of-Print Books
We buy books, too.
Tue. to Fri. 11-5, Sat. 12-4
Other times by chance...

BOATBUILDING BOOKS
RECENTLY ACQUIRED...
Building a Strip Canoe
Lapstrake Boatbuilding
Boatbuilding In Your Backyard
Chapelle's Boatbuilding
Vauvies' Lofting
Clinker Boatbuilding
Building Classic Small Craft
...and much more!

ALSO, MANY BOOKS ON MARITIME TOPICS.
Stop in for a few minutes, or browse for hours. Enjoy!

CARGO BAY
SURPLUS & MILITARY CLOTHING
Fall Shipments Arriving Daily

Dutch Cargo Pocket Pants \$13.95
Rugged, Military Quality

Bomber Jackets • Pea Coats
Navy Middies • Ike Jackets
Bush Jackets • Aviator Pants
Fatigue Pants • Bundeswehr Shirts
Army Wool Sweaters • NATO Combat
Jackets • Airman Helmets • German
Moleskin Shirts • Wool Overcoats
Canvas Packs & much more!

Many new and unusual styles. Excellent sizes. Visit our expanded Cargo Bay Room
Now at
SHIPWRECK & CARGO
8 Moulton St., Portland • 775-3057
M - Sat. 9-6:00 • Sun 11-5

TALK

by Tonce Harbert



Sammy peers from behind bars.

A conversation with Sammy, the jaildog

Sammy is one of the six dogs belonging to David "The Dogman" Koplow now locked up in Portland's Canine Control Center on Forest Avenue. The city has taken the dogs because Koplow refuses to leash them (see UPDATES). Like the rest of his pack, Sammy thinks leashes are a pain in the neck, but agreed to put his best paw forward and talk to the press.

Why are you here in the dog pound?
Some families - I will call them unique - are never understood by their neighbors.

Are you an unruly dog?
Mine are simple joys: there is beauty of sound and motion when pigeons scatter toward the sky.

Did Dave really hit a policeman?
I didn't see that. But it is true that a mother duck will charge a powerful animal when her brood is in danger.

Have the police been good to you?
Fleas will come and fleas will go. I have no use for them.

Do you think you'll get out of this cage?
When the bowl has been licked clean, I am thankful to have eaten.

Do they let you out to run?
A small tree in a forest will die if it cannot reach the sunlight. Sister Clarabelle has been playing dead for a week.

How do you like all this publicity?
The lone swan sings to the lake and sky - not to the tractor coming down the road.

Any closing thoughts for the readers?
Why do dogs shake?

Tonce Harbert will bark at anyone who tells him his life is going to the dogs.



Clarabelle pines her separation.

CBW photos/Tonce Harbert

In Concert ♦ Thursday, Sept. 21



The Incredible
Taj Mahal
2 Shows 7 & 10 pm tickets \$10
RAOUL'S
ROADSIDE ATTRACTION

865 Forest Avenue

Upcoming Concerts

Sept. 14 - Karla Bonoff
Sept. 15 - Tiger's Baku
Sept. 16 - Mamma Tongue
Sept. 22 - The Inspectors
Sept. 23 - Vassar Clements Trio
Every Wednesday - 8-ball Pool Tournament, 7 pm

Ticket Info. 773-6886 • Entertainment Hotline 775-2494

CRUISE THE STEAMBOAT ROUTES ABOARD LONGFELLOW II

10am* to 11:30
Lobster Fisheries and Island History Cruise
Adults \$8.50 Seniors \$7.50 Children \$6.50
*September & October this cruise also departs at 8:30

12:05 to 12:55
Lunchtime Harbor Cruise
All seats \$3.50

1:30 to 3:00
Lighthouse and Shipwreck Cruise
Adults \$8.50 Seniors \$7.50 Children \$6.50

3:30 to 5:00
Naturalist Cruise
Feed Gulls! Watch Seals!
Breathtaking foliage in the autumn.
Adults \$8.50 Seniors \$7.50 Children \$6.50

5:30 to 7:00
Portland Headlight Cruise
Featuring seafaring folk music
All Seats \$8.50

7:30 to 10:00
Sunset & Harborlight Cruise

Fri. Sept. 15
Practical
Cats

Sat. Sept. 16
Steamboat
Trio

All seats \$12.50



LONGFELLOW II

One Long Wharf • Portland • 774-3578

OWN YOUR OWN HOME FOR ONLY \$15 PER DAY**



NOW YOU CAN OWN A SHOWCASE HOME (OR LESS) CASH DOWN**

5% LIMITED AVAILABILITY CALL OR VISIT TODAY!

- Five models to choose from
- Homes as low as \$39,950
- Financing available
- Full Contracting Service
- Over 1,000 Lots available or build on your land.

FREE HOME PLANNING KIT:
The full story of Showcase. Over 20 pages of homes, options, prices & buying tips.
• 6 models • financing
• full contracting • building lots

CONTINUOUS OPEN HOUSE
M-F 11 am-7 pm • 9 am-5 pm • Sun. 12-5 pm
Naples: Rte. 302, E. of Rte. 35. Across from Mardon Marina. (207) 693-6996
Turner: Turner Plaza, Rte. 4 (207) 225-3234

Showcase is your Custom Home Specialist. Unlimited capabilities - from the incredible value of Premier to 3000 sq. ft. luxury homes.

Visit us today. 1-800-344-6552



SHOWCASE HOMES, INC.

SETTING THE PACE IN AFFORDABLE HOUSING

*Not Available in all cases. Certain conditions apply. **\$49,950 at 10% - 30 years

BPS PHOTO Express

QUALITY FILM DEVELOPING

FREE FILM plus FREE EXTRA PRINTS every day with THE BIG DEAL!



TWO CONVENIENT LOCATIONS:
71 U.S. Route One
Scarborough, ME
883-7363

CONVENIENT HOURS:
Mon-Fri. 7:30-6
Sat. 9-1
772-7296

TRUST THE PROS AT BPS PHOTO EXPRESS

VIDEOPORT Delivers

Delivery and pick up now available to FALMOUTH FORESIDE & SOUTH PORTLAND!

• Save time and money... Have your movies delivered & picked up!

• We deliver the largest selection of videos to ALL of PORTLAND and PEAKS ISLAND.

773-1999

LOWER LOBBY • 151 MIDDLE ST. • OLD PORT • OPEN EVERY DAY 10 TO 10

ANTHONY PERKINS
HASN'T BEEN HIMSELF LATELY...



EDGE OF SANITY
UNCUT-UNRATED VERSION
Directed by Gerald Kikoine A.K.A. Jesse Franco

Natural Foods Market

BASICS

- Produce • Additive free meats & poultry •
- Conscientious videos • Gifts-fun items •
- Vitamins & cosmetics

Try one of our delicious sandwiches and this ad will get you a second one FREE from the Original Veggie Deli. As always, enjoy a complimentary cup of coffee. Two for one offer expires 9/30/89.

537 Shore Road • Cape Elizabeth • 767-2803
Mon. & Sat. 9:30-5 • Tues.-Fri. 9:30-8

Port Bake House

A NEW LOCATION!
263 St. John Street

Across from Union Station Plaza
• Same Quality • Plenty of Baked Goods • Free Parking

Use our "Baker's Dozen" Bread Card for a Free loaf

St. John St. 773-5466
Still at 434 Fore St. • Old Port & Cornerbrook Mall So. Portland

THE FRESH MARKET

FRESH PASTAS & SAUCES

Pasta is Perfect!

Low in Fat. Low in Cholesterol. Low in Sodium. No Sugar. High Energy and Great taste!
Complete Gourmet meals you prepare in 5 minutes!

NOW OFFERING A FINE SELECTION OF ITALIAN WINES

58 MARKET STREET, OLD PORT 773-7146
Open Every Day Mon. through Sat. 11-8

Karolyn S. Rossein, M.A., M.A.E.

Individual, Couple & Group Therapist

Transitions & Loss, Women's Issues, Health Related Concerns

19 Lewis Street, Portland and Peaks Island, Maine
(207) 766-2809

MADE IN PORTLAND

BAZAR PIZZA

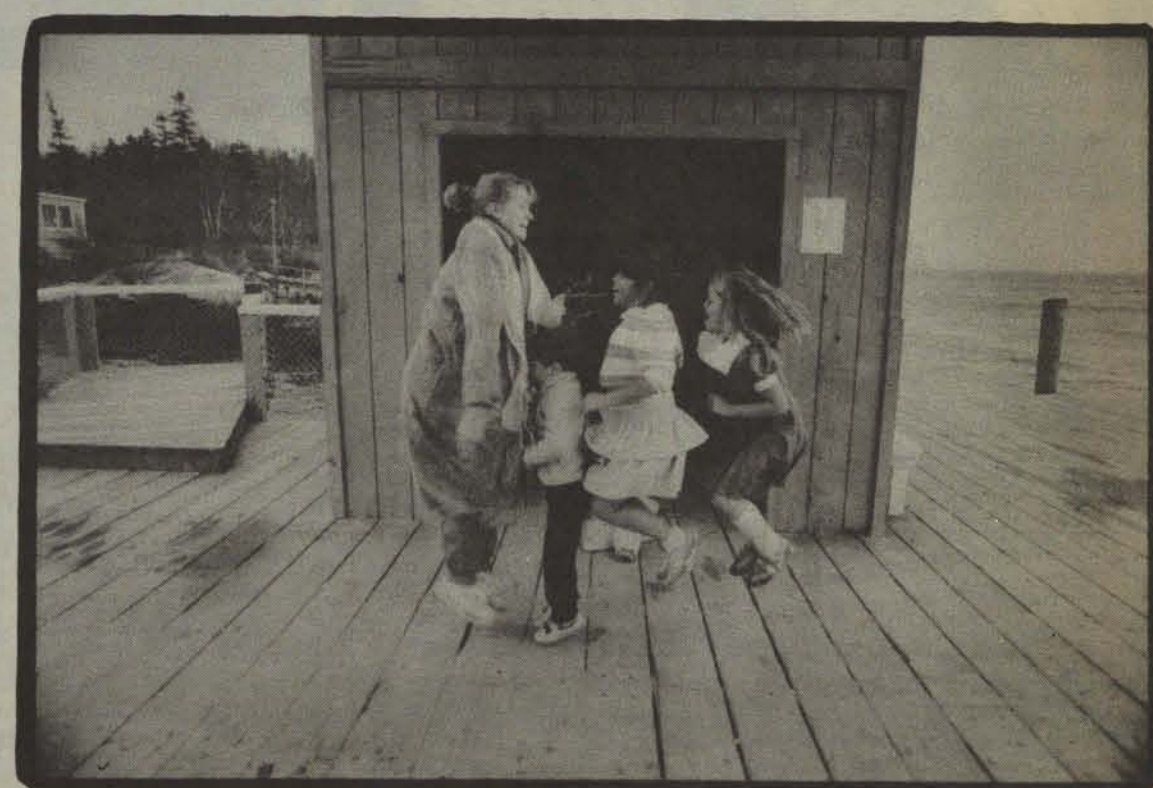
FREE DELIVERY!

Portland and South Portland Only
874-0000

18 Monument Square/Corner of Fore & Exchange

VIEWS

THEIRS:



After spending a day at the one-room schoolhouse on Cliff Island, Hannah took time out for a little leaping with the local girls. CBW/Monte Paulsen

Building bridges

Hannah Holmes is leaving Casco Bay Weekly to seek fame, fortune and love in New York City. As this newspaper's first full-time reporter, she played an important part in making this paper what it is. Her stubborn determination to leave things better than she found them - not just this paper but everything she wrote about, everything she got over her head in - has made Portland a little bit better place for everyone. Hannah's parting thoughts are printed below. We miss her already; we'll love her always.

Monte Paulsen

As I've done some previous autumns, I'm going some place different.

"Geo-therapy doesn't work," my Mom likes to say when people make elaborate rationalizations for leaving. But for me, nothing forces self-definition like being surrounded by something totally foreign.

My original plan for this autumn was to head East to Indonesia or Thailand - some place where poverty walks raw and unashamed. But New York City is a third-world country of sorts, and I think it will suffice. It's geo-shock-therapy, Mom.

I'm not sick of Portland. Even though the Dog-man has been busted, I still think it's a worthwhile place to agitate. So why am I winging it south with the tourists? There are a couple reasons. One is that my favorite earthling is going there. That's the easy one. The hard one, the real reason that I'm ready to bundle up my books, is that I don't know where to go from here.

I've been writing the same story for a year. Every week I write it with different words - different symbols for the same players. When I write about a house fire on Sherman Street, I'm writing about a child playing with a lighter. When I write about a child playing with a lighter, I'm writing about a parent who can't afford child care,

or who doesn't understand her own need for child care. When I write about that parent, I'm writing about a system that throws a whole class of people out with the garbage.

Another example? When I write about the group of people monitoring the Presumpscot River for pollution, I'm writing about a paper company that dumps poison into that river. When I write about that paper company, I'm writing about a wealthy corporation that dictates environmental policy to a poor state. I'm writing about a corporation that, with financial strength, seizes the right to ruin water that belongs to everyone.

A fault like the San Andreas jags across the expanse of my country. I see it everywhere I look: there are people and corporations who can buy their way to the safe side of the fault line, and there are people and institutions who can't. Each time the earth shifts, a bunch of people on the unsafe side lose their footing and go down. I've written about it in hundreds of ways, and I could write about it in thousands more.

I could, and maybe I will. But I've got to think about it first, about whether it's the best way for me to work toward bridging the fault.

Rationalizations aside, I want to thank the people and institutions that I've worked with this past year.

Thank you to the prostitutes and street people on the throw-away side of the fault who trusted me with their stories, and through me, trusted their whole community to listen to them.

Thank you to the community who read the stories.

Thank you to those people who are inspired to work at bridging the fault.

And to the inspired people who have sacrificed fat paychecks and regular workdays in order to be part of Casco Bay Weekly, thank you. I feel befriended by each of you. And I'm immensely proud of what we have done together.

Hannah Holmes

This space is for opinions. Your views are here, and sometimes ours. Please be brief when you write, and please include a phone number (which will not be published) so that we can verify your letter. Send your VIEWS to: VIEWS, Casco Bay Weekly, 187 Clark St., Portland, ME. 04102.

US:

PUBLISHER Gary Santaniello

EDITOR Monte Paulsen

ARTS & ENTERTAINMENT

Ann Sitomer

NEWS & UPDATES

Andy Newman

PHOTOGRAPHS

Tonee Harbert

ILLUSTRATIONS

Toki Oshima

PRODUCTION MANAGER

Elissa Conger

DESIGN

Truth Hawk

CIRCULATION MANAGER

Diane DesMarais

CIRCULATION

Jim England, Winn Orr

Elke Rosenberg, PA Trisha

DISPLAY ADVERTISING

Kate Halpert, Garry Young

CLASSIFIED ADVERTISING

Mark Kelleher

CONTRIBUTORS

Lynda Barry, Kathy Caron, Brenda Chandler, Barbara Hill, Hannah Holmes, Sherry Miller, Kelly Nelson, Mike Quinn, Don Rubin, Morgan Shepard, Thomas Verde

CASCO BAY WEEKLY

is an instrument of community understanding. Every Thursday, Casco Bay Weekly distributes 20,000 papers free of charge - limited to one copy per reader. No person may take more than one of each issue without the permission of Casco Bay Weekly.

ADDITIONAL COPIES of the current issue and/or some back issues may be purchased for \$1 each at the Casco Bay Weekly office. Domestic subscriptions are mailed 3rd class and are \$36/year, payable in advance.

MOGUL MEDIA, INC. publishes Casco Bay Weekly. Entire contents © 1989 by Mogul Media, Inc.

CASCO BAY WEEKLY
187 CLARK STREET
PORTLAND, ME 04102

207 775 6601

A.A.N.

Casco Bay Weekly is a member of the Association of Alternative Newsweeklies

Discover Your Healing Ability

Each one of us is a natural healer. When we unlock the healer within us we begin a process that not only heals our body but also deepens our experience as a human being. The Healer I course is a simple yet powerful tool to help you know and use your own inner healer.

"I have referred selected patients to Tom Graham and Jerry Sanders for approximately one year. For those who are interested in maximizing their healing potential and who are open to new ways of thinking, I definitely recommend their work."

Dr. Christian Northrup
Women to Women
Yarmouth, Maine

"Tom and Jerry's healer seminar taps the essence of the healer within. The results are extraordinary both personally and professionally."

Dr. John Hayes III
Pres., Maine Chiropractors Assn.

"Tom and Jerry have introduced us to the world of intent. It's an important work to be studied by any evolving person."

Rabbi Harry Sky
Portland, Maine

"This class brings together everything I've ever learned. It is both a culmination and a new beginning, an opening of a door to greater freedom."

Vivian Franck
Massage Therapist
South Portland, Maine

"If healing is indeed the integration of the body, mind, and spirit, then Tom and Jerry have discovered a way to facilitate that process."

Dr. Ken Hamilton
Medical Director and
Founder of H.O.P.E.

Tom Graham and Jerry Sanders discovered their own healing abilities while healing themselves and since that time have helped many others in their healing of serious physical illness, mental and emotional conflicts and dysfunctional relationships.

For an individual appointment or to register for the Healer I course call 799-1411 or 833-9174.

IMPORTANT FUTURE ARCHEOLOGICAL FINDS.

Dimora's contemporary furnishings display the ageless beauty, fun and elegance of art, regardless of the time or site.

Sun 12-6, Mon-Wed 10-6, Thurs Sat 10-9-30

25 Exchange Street
Portland, ME 04101
207 775-7049

1/2 PRICE

FOR BEAUTIFUL ACRYLIC NAILS!
(WITH OUR AD)

Manicure • Hair Waxing
Pedicure • Tinting
(entire foot) (eyebrows & eyelashes)

OPEN MONDAY • FOR MEN ONLY

Offer expires 9/30/89

Nail Today

32A MARKET ST. • OLD PORT
ACROSS FROM THE PORTLAND REGENCY
FOR APPT. CALL 775-5485

Luna Doro

Share the Romance
at Portland's
Great Little
Italian Restaurant

41 Middle St. • Portland
774-2972

HOSPITAL PATIENTS

"Ask for Better Health Care by name and save 20% to 70% on home health care"

If you're about to be discharged from a local hospital, tell the discharge nurse you want the most affordable home nursing agency in southern Maine to handle your home nursing care.

Why? Because our rates are up to 70% lower than the largest home health agency the agency they will usually discharge you to if you don't speak up.

Better Health Care is a fully staffed, Medicare certified home health care agency with over 100 RN's, LPN's, CNAs, Homemakers, Physical, Speech and Occupational therapists available 24 hours a day 7 days a week. But to save money, you have to ask for us by name.



BETTER HEALTH CARE, INC.

"We're better because we really care!"
37A Street, So. Portland, ME 04106
Portland: 767-0680 • Brunswick: 729-8200 • Biddeford: 282-3632
AN EQUAL OPPORTUNITY EMPLOYER

COUNSELING

-STRESS REDUCTION
-PERSONAL GROWTH
-SPIRITUAL ENRICHMENT

HAL MERMELSTEIN
30 WEBB ROAD
WINDHAM, ME 04062
892-9042

FREE INTRODUCTORY
CONSULTATION WITH THIS AD

GIOBBI'S

LUNCH DINNER

\$3.95 **\$5.95**

11 a.m. to 3 p.m. 3 p.m. to 10 p.m.
& Sun. 12-9 p.m.

FEATURING our #1 Seller

CHICKEN PARMIGIANA

(CHOICE OF SALAD OR PASTA)
Sundays, Mondays, Tuesdays, Wednesdays, Thursdays
Good through September

One Danforth Street, Portland • 772-0873

rape crisis center

• If you or someone you know has been sexually assaulted, call the Rape Crisis Hotline at 774-3613 for help 24 hours a day.

• If you are a survivor, remember that the rape is NOT your fault.

• You may feel overwhelmed by fear and suffer other unpleasant side effects, including crying jags, sleep disturbances and eating problems. You're not crazy and you're not alone; many survivors have similar experiences.

• You can recover from sexual assault. And we can help. So call us now and talk.

• Crisis Intervention Support groups Advocacy

REIKI HEALING

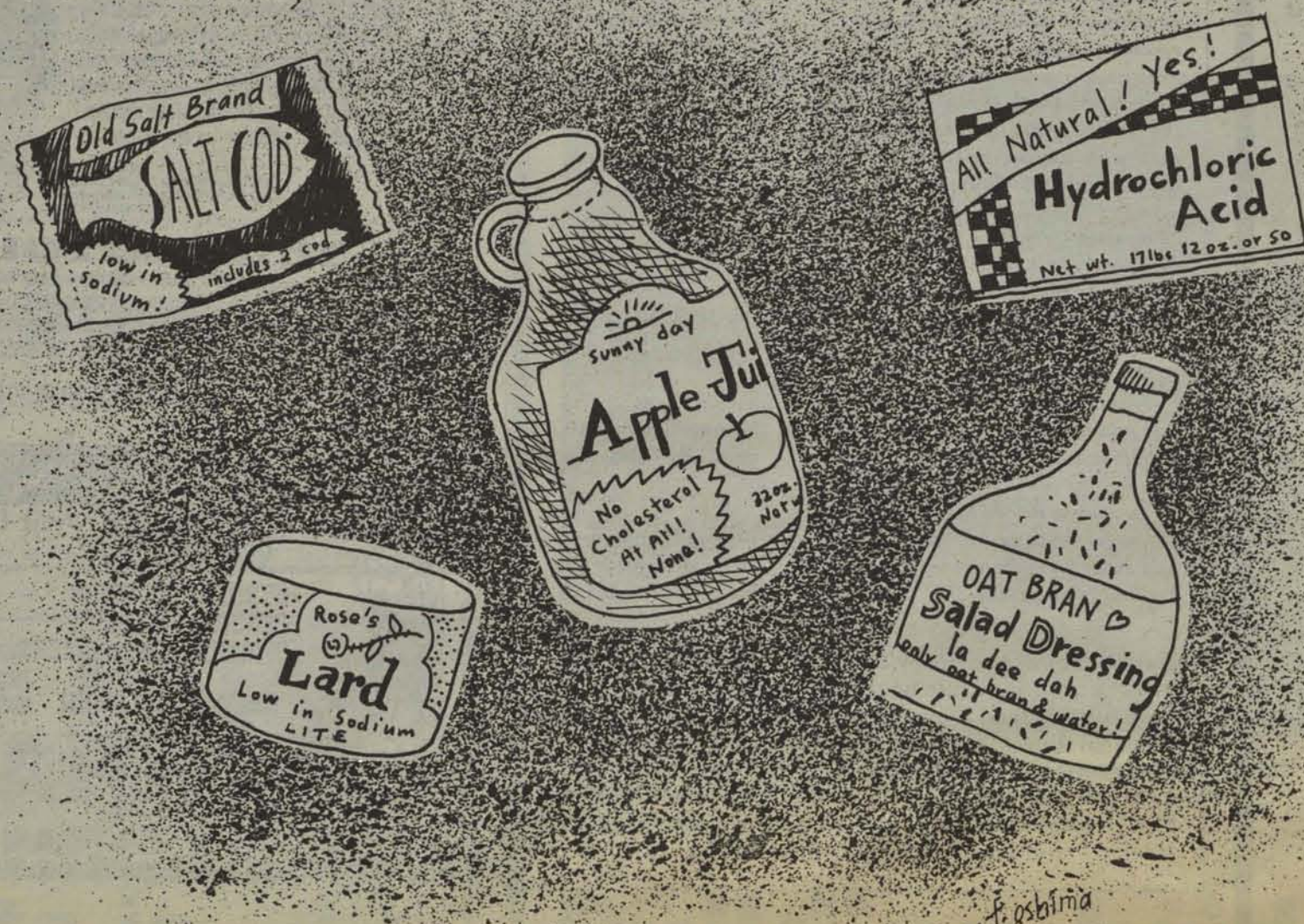
Reiki is a Japanese word meaning Universal Life Force. The Reiki practitioner acts as a conduit for this healing energy. The energy flows through the healer's hands and into the client. The effect of this energy is to fill the cells of the body with Reiki and bring all of the glands and organs up to optimum function. Reiki sessions also help to ease mental and physical stresses, relieve pain and promote relaxation.

Reiki sends the message, "You can be well," to the body, mind and spirit.

Kristin Erico 773-1346
Don Labbe 854-9257
Both are certified 2nd degree Reiki healers

WELLNESS

WELLNESS is a new feature appearing once each season in Casco Bay Weekly. WELLNESS is about how to stay healthy, fit and sane in an increasingly stressful and unhealthy world. Casco Bay Weekly's winter WELLNESS section will appear on January 11.



"Natural" food marketing

Natural. Old Fashioned. No Cholesterol. Comforting words to read in the modern supermarket, once a stronghold of Pop Tarts, Spam and all sorts of other health-threatening processed foods. But today, grocery stores seem different. Have consumer demand and the sincere response of General Mills and RJR Nabisco transformed supermarkets into holistic, life-sustaining purveyors of nutritionally correct food-stuffs?

Don't believe it. Sure, the big food-manufacturing conglomerates have their marketing fingers on the health-conscious pulse of today's shoppers; many have actually changed ingredients, reduced fat and sodium, or introduced lines of "lite" foods. But much of what's peddled under the grammatically flawed but catchy rubric of "healthy" is the same overprocessed, high-fat swirl that inflated our national spare tire in the first place.

Take, for instance, granola bars. A stroke of marketing genius, they appeal to the aging hippies who have begun to trust people over 30 but still equate white sugar with capitalism. These folks would rather vote Republican than eat something as "artificial" as a Reese's Peanut Butter Cup. Yet they'll snack blissfully on Nature Valley 100% Natural Granola Bars.

If they looked at the label, they'd see that each of the back-to-the-earth candy bars contains five grams of coconut and/or palm oil — two of the so-called tropical oils, high in saturated fat. That five grams — about a teaspoonful — contributes nearly half of the bar's total 120 calories, well over the American Heart Association's recommended fraction — 30 percent of total calories from fat. You'd get the same thing from half a bag of plain M&M's, and they taste better.

The "All Natural" sodas crowding Coke and Pepsi for shelf space tap the same vein of sugar guilt. Despite their fruit-juice flavorings, these sodas are still mostly fizzy water and sugar, even if the sugar's called "high-fructose corn syrup." When it comes to nutrition, sugar is sugar is sugar, whether it's called fructose, glucose, maltose or honey.

"Old Fashioned" sounds an evocative note, conjuring memories of Mom's homey kitchen, the safe,

comforting refuge of our youth. Wouldn't a cup of Hills Brothers Old Fashioned Hot Cocoa wrap you in a nostalgic embrace? Didn't your mother ever mix up a hot mug of maltodextrin, non-fat dry milk, hydrogenated coconut oil, a smidgin of cocoa, and eight more old-fashioned chemical flavor and freshness enhancers ranging from mono-diglycerides to dipotassium phosphate?

Then there's "No Cholesterol," the holy grail of the heart-conscious. Even after years of headlines and hype about cholesterol, four out of five Americans still don't know where their cholesterol level should be, much less what it actually is. Most people think that avoiding foods containing cholesterol will keep the stuff out of their arteries. So they buy margarine labeled "no cholesterol," slather it over their toast — whole-wheat, natch — and think they're safe from the big fibrillation.

Sorry, it doesn't work that way. The cholesterol in your blood, the stuff that builds up on blood-vessel

walls and leads to atherosclerosis, heart attack and death, doesn't necessarily come from too many eggs over easy. The liver produces most of the waxy, fatlike substance, and it's essential to life: Cholesterol helps form hormones, cell membranes and other vital components.

Excess cholesterol in the blood comes from food rich in fat — especially saturated fat — and the sedentary lifestyle that often accompanies such a diet. It's possible to lower cholesterol levels through exercise and diet, but anyone with an elevated cholesterol count should check with a doctor before plunging into a cholesterol-reduction program.

Back to the margarine. Since only animal products contain cholesterol, any margarine made from vegetable oil will be cholesterol-free. But it's still almost pure fat. And fat, especially saturated fat, is what really elevates cholesterol levels.

When researchers announced that the soluble fiber found in (among other things) oat bran lowers cholesterol, the two words appeared almost overnight on everything from muffins to cookies to hot cereal. The same folks who buy "no-cholesterol" margarine take home a box of Kellogg's Cracklin' Oat Bran cereal and think they've bought immortality. But tests show that most people need to eat about 35 grams of oat bran daily to lower their cholesterol count by three percent. It would take four bowls of the Kellogg product to get that much oat bran, and the coconut oil in the cereal will actually raise the level of cholesterol in the blood and might cancel any beneficial effects of the oat bran.

Carefully reading food labels helps avoid the hype, but often the critical information is either obfuscated by deceptive claims or buried in a laundry list of ingredients set in type so small you'd need a microscope to read it. One group of consumer advocates is calling for reform in food-labeling requirements (see accompanying story).

For now, about all a shopper can do is follow the nutrition news — ask at the library's periodicals desk for the Consumer Health and Nutrition Index. Be aware that packaging that shouts "All Natural!" doesn't say much about what's really inside. Remember, death is all-natural, too.

Jim Dixon

FOOD LABELING

You might not have noticed, but the consumer watchdogs at the Center for Science in the Public Interest have declared 1989 the "Year of the Food Label." They'd like to see food labeling that truly informs consumers about what they eat. The ideal label would include a pie chart showing what percentage of a product's total calories comes from cholesterol-raising fat and what percentage comes from other kinds of fat, protein and carbohydrates. Rather than listing sodium content as, say, 900 milligrams with the assumption that everyone knows the recommended daily intake of salt, the center wants labels to describe sodium, fat and fiber content as "high," "medium" or "low."

If legislation sponsored by the organization passes, labels could become more than just another opportunity to mislead consumers. Until then, it's important to know what all those numbers in fine print really mean.

Mind & body

The mind-body connection is hitting the mainstream. Once the bailiwick of martial artists, New Age therapists and Eastern Bloc exercise physiologists, relaxation techniques and mental "exercises" are showing up in settings as mundane as the daily aerobics class (not to mention the video store, where Shirley MacLaine's Inner Workout tape is approaching Jane Fonda-like popularity).

Influenced by a growing body of anecdotal and scientific evidence showing that the mind can help motivate and provide greater general health, stamina and performance in physical activities — while regular exercise, in turn, can increase relaxation and a positive mental attitude — trainers are gradually integrating mind exercises into a standard physical education. For the average health-club member as much as the Olympic competitor, they've found, relaxation and a positive outlook can be an integral part of physical wellness.

Kathie Davis executive director of IDEA, The Association for Fitness Professionals, based in San Diego. In a typical mind-body workout, she says, "after the aerobics, floor work, weights and stretching, the instructor will turn down the lights and talk the class through a positive relaxation session." Elements of the talk may be taken from meditation, martial arts, tai chi and yoga.

"If someone is interested in physical fitness, relaxation and quieting the mind is an absolute must," says Barbara Cowen, a licensed clinical social worker who teaches stress-reduction classes. "The body wants to be relaxed, and all the exercising in the world won't eliminate stress."

Dr. Anthony Reading, an associate clinical professor at UCLA who also specializes in stress reduction, agrees. "The most effective way to reduce stress is to achieve relaxation at some time during the day," he says. Reading notes that the steps used to reach a beneficial state of relaxation are compatible with an exercise routine: regular breathing, the repetition of a single thought or image, and a passive disregard of competing thoughts.

Don't worry, be healthy

There's another reason for integrating relaxation into a daily workout: for many people, trying to keep in shape can actually increase their level of stress. Says Reading, "People will drive (to the gym) across town in traffic, then worry about all the things they're not getting done while they're exercising." He suggests finding an easily accessible form of exercise and thinking beforehand how the time commitment will affect other activities. "Don't create more pressure out of the need to do other things. Don't look at it as an activity you've got to get through, keeping one eye on the clock." He cautions those involved in non-competitive aerobic exercise to take a serene approach. "It doesn't take a lot of activity to get the heart rate up to an aerobically beneficial level. You should take a relaxed attitude about it."

Michael Yessis, Ph.D., a professor emeritus at California State University, Fullerton and a sports training consultant, notes that some people don't even understand that relaxation should be a goal in athletic training. "The normal, healthy state of a muscle is when it's soft," he explains. "But after you work out, your muscles are tight." To remedy this condition, he suggests massage (or self-massage), shaking the limbs, deep breathing, and alternately contracting and relaxing muscles "so you can feel the tension easing away." Basically, he says, "just think relaxation."

Others suggest that planned relaxation is necessary because it so seldom occurs naturally. "We've lost touch with our bodies," says Diane Hanson, Ph.D., a vice president and program developer at the Pritikin Longevity Center. "We take pain killers, do all kinds of things to mask bodily problems. A lot of people aren't conscious of all the tension they're holding in." Pritikin instructors strive to avoid the competitiveness that often arises when people are exercising together. In their cardiovascular fitness program, Hanson says, clients are

penalized if their heart rates go too high.

Long a mainstay of the human-potential movement, visualization techniques — guided daydreams, really — are seen as a fairly simple method of reaching one's subconscious and literally "changing your mind." According to Yessis, these techniques are used extensively in the Soviet Union.

Perhaps the most important result of visualization for the casual fitness buff is motivation. By helping to reinforce goals and keep the desired results in mind, imaging can help keep an athlete on track even when the going gets tough and a cold beer sounds a lot better than a hot workout. "Everybody tries to make working out sound easy, but it's a pain," says Yessis. "But if you have a strong goal, if you truly believe you want a certain result, your mind and body will find a way to get you there."

Jackson Sousa, who owns a personal-training facility, emphasizes relaxation and visualization techniques during the cool-down period after a cardiovascular workout, but "only when it's appropriate" to the client and his needs. The most noticeable benefit, he says, is in a client's long-term adherence to and compliance with a training program, especially with those who have been with him for many years. "Some people enjoy a moment of quiet time," he says, "a nice way to complete the workout program." An 18-year black belt in two separate disciplines, Sousa says that the long-term use of visualization, concentration and focusing drills have helped him when assisting a client in the middle of his bustling workout studio. "I can continually bring myself back to a present-time state," he says.

Affirmations help create a more positive mental set, Pritikin's Hanson says, and help clients go about the lifestyle changes the institute encourages. But while she claims that Pritikin participants tend to experience a brightening in perspective — "everybody's smiling" — she warns that it would be impossible for her to separate that part of the program from the diet and exercise changes that clients undertake.

One facility that makes extensive use of visualization is Altered States, a southern California "mind gym" that has begun testing programs intended to improve athletic performance. According to Ames Hall, who is devising the program, visualization techniques are more effective when used during relaxed states of mind that can be mechanically induced by such gadgets as the sensory-deprivation flotation tank, the "Synchro-Energizer" (a set of goggles that display flashing lights) and the "Hemi-Sync" (a machine that emits different sounds into each ear). When floating in the tank, one is suspended in body-temperature salt water and isolated from light and sound; a deep-relaxation state sets in and tense areas become noticeable. "During deep relaxation," Hall says, "the body gets rid of stress chemicals and lactic acid."

In support of these techniques, Hall mentions that the Dallas Cowboys have used a flotation tank for several years, and that Olympic gold medalist Greg Louganis practices visualizing dives. He cites a study of basketball players in which those who visualized practice sessions improved their performance almost as much as those who actually practiced.

Like many of those working in this area, Hall is leery of "quantifying" his results. As anecdotal evidence, he mentions that a body builder gained about four inches in a "short period of time," a triathlete ran a race and placed "much better than she was expected to." All the participants "reported feeling positive about their workouts and experiencing improvements," Hall says.

"Feeling positive"? That's hardly a scientific indicator of improved performance, but it is an important benefit for the casual exerciser. After all, for most people, the best motivator and stress reducer is simply to enjoy what you're doing. "Make it easy on yourself," says UCLA's Reading. "If you don't enjoy the experience, you probably won't continue it. And then it isn't worth a thing."

Ben Kallen

ease.

Ease into our sauna or hot tub after canoeing or hiking nearby mountains and trails. Savor wholesome natural meals and revitalize! No crowds, nice people, beautiful lakeside facilities. Only 40 minutes drive from Portland. Easy!



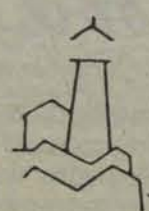
Call for our brochure:
Northern Pines
Health Resort
Rt. 85 Box 279
Raymond, Maine
04071 (207) 655-7624

Our Caring Professionals Make House Calls...

Visiting Nurses • Physical Therapist • Occupational Therapist • Speech Pathologist • Home Health Aide

or You Can Visit Us.

Well Child Conferences (Physical exams and immunizations)
Adult Health Screenings • Blood Pressure Clinics
Flu Clinics • Diabetes Clinics • Cholesterol Screenings
Health Counseling • Adult Health Clinics • Loan Closet
Supplies • Preventive Health Program



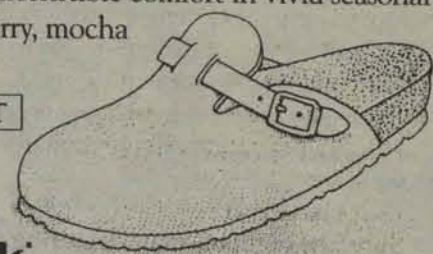
South Portland Health Services, Inc.
107-109 Ocean St., South Portland, ME 04106
767-3326

Non profit Medicare certified agency

Nice 'n Spicy!

Add zest to your life with new Spicy Suedes from Birkenstock. Soft, irresistible comfort in vivid seasonal shades of forest, berry, mocha and violet.

WHILE THEY LAST



Birkenstock

walkabout

337 Forest Ave. • Portland, Maine • 207-773-6601
Huge inventory, expert fitting, mailorder nationwide, complete repair service.
"Simply the best place to buy Birkenstock footwear"

Millions of People Don't Have Group Insurance

Are You One of Them?

Self-employed or work for a small business?
**\$1,000,000 Individual
Major Medical.**

Choice of deductible:
\$250, \$500, \$1,000

ASK FOR A QUOTE

For costs, benefits, exclusions,
limitations and renewal terms contact:

RICK NEGUS

Fred S. James & Co.

879-5263

Golden Rule
Golden Rule Insurance Company

"A" Rated (Excellent)
-A.M. Best

Choice of deductibles varies in some states.

Clubs Come and Clubs Go...

We at Tennis of Maine hope you look closely in choosing your health club. 21 years of tennis tradition, 7 years as the area's fitness leaders and the most popular aerobic program doesn't just happen.



Maine's Top Fitness Facility

- Nautilus
- Tennis
- Lounge
- Kidsport Center

8 Championship Courts



Not Just Your Ordinary Lounge

- Tanning
- Squash
- Massage
- Functions
- Dietician
- Personal Trainers
- Restaurant
- More Planned

Area's Leading Aerobic Program

Excellence requires vision, planning and hard work. Some clubs do not always take into consideration atmosphere, equipment quality, operational efficiency, staff qualifications, cleanliness or the little details to good membership service. Before you join a club, visit Maine's most complete health and racquet club. We trust the closer you look, the better we look.

Maine's Most Comprehensive Full Service Club

TENNIS OF MAINE

196 U.S. Route 1 • Falmouth ME 04105 • 781-2671

What's a Calorie?

We spend enough time counting them, talking about them and trying to avoid them, but what are they? No matter what you've heard about weight management, ONLY CALORIES COUNT.



36 cups of air-popped popcorn (830 cal) equals 1 cup of peanuts (840 cal)

The HMR Fasting Program teaches you a unique calorie balancing system to help manage your weight. Offered by hundreds of hospitals and medical centers nationwide, the HMR Fasting Program provides:

- Medically supervised, Very Low Calorie Diet
- Safe, Rapid weight loss
- Educational/behavioral groups
- Intensive maintenance program

Join us for our next FREE orientation. Presented by Joan Herzog Pike, L.D., R.D., Registered Dietitian.

Maine Health Weight Loss

550 FOREST AVENUE
SUITE 201
PORTLAND, MAINE 04101
761-9410

HMR Fasting PROGRAM
The treatment of choice for serious weight problems



Dr. Priscilla Oby
is pleased to announce
the opening of her new
office at:
323 Marginal Way
Portland, Me.

Dr. Oby would like to open her office to all family members for their general health care including:

- Complete Physicals • Gynecologic Exams
- Osteopathic Manipulation • Well-Child Care

• Individual Counseling
Office Hours: Mon-Fri 8 AM-5 PM

Additional hours: Wed. 6-8pm by appointment
For an appointment, please call

773-2109

Directions: Exit 7 (Franklin St.) off 295 - Ample free parking.

WELLNESS *continued*



Hi-tech gear

Gear, gear. What is gear? The word *sounds* really good, official, like you know what you're talking about. Gotta grab my gear, put my gear in my bag, gear up and go. Shifting gears. High gear. Is that like high fashion? Just about - used to be, you'd jog around your neighborhood in your sweats and an old T-shirt that said "Property of Alcatraz" or whatever.

Then gear got stylish. You'd go to Jane Fonda's Workout and stand behind some babe in a pink and green striped leotard with puffy sleeves, shoulder pads and a matching headband. Shoulder pads, for Chrissakes. In an aerobics class. And then gear got scientific as laws of thermodynamics overtook the dicta of Stevie Brooks and Gilda Marx (reigning leotard-and-tights mavens of the early dance-exercise movement). Now gear is streamlined for motion, functional rather than frilly.

Gear should be portable, something that makes workouts less of a hassle. Stuff that makes exercise easier, so you can work harder, or turns everyday life movements into one big workout.

Now, you got basically two types of exercise, though not necessarily two types of exercisers. You got your athletic type and your gym type. Athletic exercise is a sport that you do - biking, hiking, swimming, tennis, etc. Each of these sports requires its own type of gear, though there is some crossover. The same water bottle will keep your thirst just as quenched if you're playing racquetball or doing a triathlon. Then you got your gym exercisers - aerobics and weight-training junkies. These people go to the gym because they want to be in shape, but they don't do sports, or do sports on the weekends, or want more and bigger and better. Now we're talking a more result-oriented, rather than process-oriented breed. Gear considerations here are a little different, a bit more glitzy, a tad more narcissistic.

Exercise is like sex - if you want more than your regular routine avails, you need some extras to bump it up a few notches. Everyone knows weight increases resistance and resistance increases fitness; hold weights in your hands during a low-impact aerobics class (not high-impact; that's begging for injury), for the armwork portion of an exercise class, or while fast-walking. Heavyhands (\$21.99 for one-pound weights) are a favorite tool because they're shaped to hold comfortably, and you

control the intensity of the workout. If the weights get too heavy, you can drop them. One warning: don't strap weights onto your wrists - the tendency is to flail, strain shoulder sockets, endanger your neighbor in class, and do very little for muscle tone.

But strap-on weights work well for ankle, leg and buttock muscle-conditioning exercise. Don't wear ankle weights while walking or running for the same reasons you shouldn't strap weights on your wrists - control is tantamount to efficient exercise. Triangle makes a great soft, white, foamy Velcro-on type in a variety of poundages (\$20 for three pounds, \$25 for four pounds). They do make your gym bag heavy, but somewhere, in a little laboratory, some genius is probably working on an anti-gravity device to solve that problem. Wait till next year.

If you're into weights, you've probably already noticed that all the really buff dudes use gloves for working out. Long fingers, short fingers, padded, sheepskin-lined, with or without warranty (from \$14.99 to \$21.99). You don't have to use gloves; they just make life a little easier. Ditto on sports bras. A few years ago, someone realized that jumping up and down isn't healthy (or comfortable) for breast tissue. The solution: workout bras. Trouble was, they were white and bulky, stuck out from under your leotard and looked like the return of pointy '50s brassieres. Sports bras are now made to be seen (unless you belong to one of those clubs that require you to wear T-shirts, like the major chain that features celebs sans T-shirts in its ads, yet demands them on its members - but I digress). They come in all shapes and colors, for wearing alone or under a matching leotard. Hind, a subsidiary of DuPont, makes a Lycra Spandex machine-washable, fleece-lined (for nipple comfort) model priced at \$29.99 that comes with a chart diagramming its "superior stretch and recovery" properties.

Science to the rescue

Such trappings of science are all the rage. Athletic shoe manufacturers, ever striving for another fitness technology breakthrough, are now addressing gender issues. Until recently, women's shoes were scaled-down copies of men's shoes. Based on research with foot specialists and exercise instructors, Ryka has

constructed a special women's last (the mold for the shoe) that takes into account differences in anatomy and weight distribution between men and women. Available in aerobic, cross-training and walking styles, Ryka's shoes are claimed to last longer because of the "ambient air compression spheres" - nitrogen gas encapsulated in plastic elastomer for greater shock absorption. Even workout-wear lines are climbing aboard the Science of Exercise bandwagon; the tag on Perfection's Scott Tinley Performance Wear includes an order form to obtain Tinley's advice for better performance. You can send in for tips on swimming, cycling, running or triathlons/cross-training.

Which is another rage. Cross-training, that is. Meaning, essentially, that you do more than one type of exercise. Works more muscles, makes prettier bodies, keeps you interested longer. As long as you're not bored, you won't stop. And each sport has its own latest thing. In tennis, it's the wide-body racquet, stiffer, to put more energy into your shot. Cyclists can use the solid wheel to lessen wind resistance. For hikers, Fanny Packs by Overland Bags (from \$33.99) are available in a variety of shapes and sizes, in "the hottest colors of Cordura nylon."

And for joggers, walkers and aerobicizers, there's the Trainer heart-rate watch (\$149.99), which not only displays a constant readout of your heart rate, but sounds an alarm if you get above or below your target zone. Extremely obsessive performance-anxiety-ridden types need something a little more... well... more? Try the Pro-Trainer (\$229.99), a computer that tells you how well you've worked out.

Exercise can be dangerous business if you like to do it outdoors at night, when the air is cooler and clearer and you're liable to become target practice for fast cars. But, lo, more gear to the rescue. Lightwaves are reflective, wearable bands made of the same type of material that goes on road signs. They're washable and cost a mere \$2.95 for wrist/ankle bands, \$4 for your head and \$5 for legs.

And say you go out of town on business, or pleasure or whatever. Here you are in Paradise, or a Best Western or wherever - without a gym in sight. What's a Lifecycleler/aerobicizer/Nautiluser/sports fiend to do? Portable gyms are all the rage. Two notables are put out by Weider (that's Joe, the magazine and supplement mogul; \$46.99) and Excel (\$18 and \$24). They include a bunch of different gadgets for the fitness die-hard, things you can attach to the door, the floor, yourself. Included are push-up bars, hand-held weights, jump ropes - an assortment of toys to keep you toned on the road. (Even jump ropes are high-tech now - you got your leather, your beaded...)

There are also several compact travel systems available. The Lifeline, a piece of thick surgical tubing with handles on the end, comes with a pamphlet illustrating exercises for each muscle group. Yes, you can make do with plain old surgical tubing; you just won't get the exotic royal blue color and the picture book. And a hot new item on the market is the Flex-a-sizer - looks like a two-foot-long wand, fits into a suitcase, helps you forget about dumbbells and freeweights. Its inventor, Frank Smith, worked for two years with a team of scientists and experts (there're those legitimizing words again) in epoxies and resins to create a unit that could bend end to end a half-million times without any fibers breaking. He added a motocross handle and racquetball straps, and the result is a safe, portable, resistance-based piece of equipment that thoroughly works out every major muscle group. Not bad for 40 bucks.

So what happens when life interferes with your exercise program, like you have a baby? You take all of Fonda's post-natal classes, but some days you can't get a sitter, or the both of you need to make your quota of quality time with the bundle of joy. Don't despair, there's the Baby Jogger! Two models are available, one for one child, one for two, both with optional canopies and baskets. They look like strollers with giant tricycle wheels, and come complete with brakes. Sure, they retail for between \$250 and \$400, but can you put a price tag on family togetherness?

There you have it, a little slice of the best and brightest in gear, here, without peer. Never fear, there'll be more gear (higher-tech!) next year.

Deborah Klingner

Improvisational Comedy Workshop

with Tim Ferrell

During the past 12 years Mr. Ferrell has taught improvisational comedy at New York University and Juilliard. He founded and directed the "Usual Suspects" Improv. Co. and was Artistic Director of the comedy club, "Who's on First".

This 10 week workshop begins on Saturday, September 30th. The workshop will explore the fundamentals of improvisational comedy. This relaxed participatory workshop is an excellent and enjoyable way for performers and non-performers alike to learn improvisation while increasing their confidence and spontaneity.

For more information call: 879-0070

Here's to your Health!

LOW CAL. NO CHOL. NO FAT FROZEN YOGURT

VEGETARIAN SOUPS, SALADS, SANDWICHES

LOADS OF BRAN MUFFINS

WHOLE GRAIN BREADS FROM PORT BAKE HOUSE

ALL FOOD MADE FRESH DAILY

Get Healthy! FREE
Small frozen Yogurt with purchase of any salad or sandwich
with our ad Expires 9-30-89

BON VIVANT
SOUPS • SANDWICHES • SALADS
"A Healthy Alternative"

416 Fore St. • Old Port • 774-4342

THE MINIMUM IMPACT MOTION CONTROL BRA



Reduces bounce like no other sport bra guaranteed!

The advanced design and unique woven stretch fabric combines cotton, nylon, and a high percentage of Lycra for ease of fit and motion control. Either you'll love it as the best sports bra on the market, or we'll give you your money back!

Cuddledown
FACTORY STORE
An Authentic European Down Shop
6 Mill St.
Freeport, Maine
On the South Side of the Village Center Parking Area

865-1713
Please ask for our catalogue

Why Weight?

Fall is here, school is open, and now it's time for you to sign up, slim down & save!

WOMEN'S FITNESS STUDIO

SIX WEEKS \$25
new members only

Rear of 170 U.S. Route 1
Falmouth, ME
781-4502

offer good thru 9-23-89

SEPT. 15, 16, 17

SIDEWALK SALE!

on our selection of framed prints, jewelry and posters

CHRISTINE'S GALLERY

The Yarmouth Marketplace
24 US Route One
Yarmouth, ME 04096
846-6128



◆ The haves and have nots: The Union of Maine Visual Artists and the Maine Project on Southern Africa are working to organize an art show on the theme of homelessness. A meeting to begin planning the show, which will take place in

January 1990, is being held at 7 p.m. at the Immanuel Baptist Church, 156 High St., Portland. Participants include Louise Montgomery of Friendship House, Robert Philbrook of "We Who Care," David Hitchcock and other concerned artists.

Anyone who wants to get involved with the show is welcome to night. For more information, call 797-3711.

◆ A savvy fashion show, "Dress Rehearsal: Joseph's

Fall Premiere," is the first of this season's fund-raising galas for the Portland Stage Company. The show is produced by Promoters of Portland Stage and Joseph's for Men and Women. Live jazz by Vintage Music accompanies the show will begin at 7 p.m., cocktails begin at 6 p.m. at Portland Performing Arts Center, 25A Forest Ave., Portland. For tickets, call 775-2916.

◆ Jazz/rock fusion that is as crisp and clean as early autumn are the sounds in the air tonight at Raoul's. The snazzy Tiger's Baku take the stage at 865 Forest Ave., Portland. For more information, call 773-6886.

◆ From his sweet Wyoming home, Bill Staines comes to Portland to perform his folk songs of Americana, tell his outrageous tales and even yodel a bit. Staines performs at 8 p.m. at Luther Bonney Auditorium, USM Portland. Tickets are \$6 in advance, \$8 at the door, available at Amadeus Music, Buckdancer's Choice and Gallery Music. For more information, call the Portland Folk Club at 773-9549.

◆ Kenneth Rosen, winner of the 1989 Maine Arts Commission's Poetry Chapbook Contest for "The Hebrew Lion" and the director of the Stonecoast Writers Conference, gives a poetry reading at 7:30 p.m. at the Maine Writers Center, 19D Mason St., Brunswick. The reading is free and open to the public. For more information, call 729-6333.

Polka goes pop. See September 23.



"Anerca" opens September 19.

◆ Wolfe's Neck Woods State Park in Freeport offers a series of programs this fall for naturalists of all ages. Programs will be offered on Sunday afternoons at 2 p.m. through Oct. 29. Today's program is called "Before Our Time," a historical tour to read the landscape for clues of the past. All programs are free and begin at the benches beside the second parking lot. For more information, call 865-4465.

◆ Heading north by bike: Casco Bay Bicycle Club takes a 15-mile trip on the backroads of Freeport, starting at 5:45 p.m. at Freeport Town Hall. Anyone is welcome on the club's rides, but for more information on membership and other rides, call the club's hotline at 774-1118.

◆ Heading north through time: Architectural historian

Kenneth Severans gives an illustrated lecture on the history of architecture of Main Street in Yarmouth and the emergence of Falls Village in the early 19th century with the Old Sloop Church and North Yarmouth Academy. Severans speaks at 7:30 p.m. in the Meeting Room of Merrill Memorial Library in Yarmouth. For more information, call the Yarmouth Historical Society at 846-6259.

◆ "Anerca" opened over four years ago in Portland and since then has traveled the globe and evolved into the production being performed tonight and tomorrow by Figures of Speech Theatre. Anerca is the Inuit or Eskimo word for the soul and the play centers on the relationship of a 15-year-old boy and an older Shaman woman who introduces him to a spiritual life. Set in the Arctic during different parts of this century, the play's other characters include the spirit of a polar

bear, a contemporary women journalist and Knud Rasmussen, an early explorer and anthropologist. The production experiments with new theatrical forms, using masks, puppets and shadow projections. Proceeds from the production will send the troupe to Bulgaria for the Theater Festival in a Suitcase, a festival of traveling experimental theaters. Showtime is 8 p.m. at the Portland Performing Arts Center, 25A Forest Ave., Portland. Tickets are \$12/\$10 at the box office, 774-0465.

◆ The soukous king, Loketo, will be joined by the hot guitarist Dibo Dibala for a show at the Tree Cafe, 45 Danforth St., Portland.

◆ "People from Here and Away" is a social commentary on life in Maine given by B.J. Morison, the mystery writer and theater owner from Bar Harbor. Morison's lecture is offered as part of Portland Public Library's Brown Bag guest lecturer series at noon in the Rines Meeting Room in the main library. It is free and open to the public.

◆ An exhibition of 12 paintings by Carol Pylant is currently on exhibit at the Bowdoin College Museum of Art. Her realistic paintings depict artists and writers, reflecting her fascination with the creative spirit. Tonight, Pylant gives a public slide lecture of her work at 7 p.m. in Beam Classroom, Visual Arts Building, Bowdoin College, Brunswick. For more information, call 725-3275.

◆ Larry Bangor's snarly voice and his tortured lyrics top off the urban-angst music played by The Zulus. The greatest in loud music for mature audiences comes to Zootz tonight when The Zulus take the stage. The Gorehounds open the show at 31 Forest Ave., Portland.

◆ Pictures paint a thousand words and thousands of

words paint pictures. Michael Kienitz, photojournalist and free-lance photographer, gives a lecture, "Photojournalism: A Critical Perspective," at 4 p.m. in Beam Classroom, Visual Arts Center, Bowdoin College, Brunswick.

◆ David Walker reads from his collection of poetry "Voiceprints," published by Coyote Love Press at 8 p.m. at Raffles Cafe Bookstore, 555 Congress St., Portland. For more information, call 761-3930.

◆ The biggest earthpeople gathering of the year, The Common Ground Country Fair is a celebration of rural skills and forgotten skills of the past, and the technology and arts of the future. Texas commissioner of agriculture Jim Hightower is this year's keynote speaker. Hightower has promoted organic, sustainable and diverse agriculture in Texas, setting an example for other states and gaining a national reputation. Hightower speaks at 11 a.m.

Saturday. The fair is today and tomorrow, 9 a.m.-9 p.m., Sunday 9 a.m.-5 p.m. at Windsor Fairground. Tickets are \$4 for adults, \$2 for children, elders and MOFGA members. For more information, call 623-5115.

◆ Historical items from a historical folk. Antiques and collectables are being auctioned off tonight at the Maine Historical Society's annual auction and social at Sprague Hall, Rt. 77 in Cape Elizabeth. The entertainment begins with a preview from 3:30-4:30 p.m., followed by a social and silent auction from 5:30-7 p.m. (Tickets for this part of the festivities are \$10 per person). The live auction with auctioneer Bruce Buxton is from 7-8 p.m. For more information, call 772-1822.

◆ Something old and something new: Brave Combo's leader Carl Finch has said of his band, "we'd like to destroy people's ideas of what it's cool to like in music."

Music is vital to our life on earth and, we ignore that vitality when we let music fall into some kind of fashion statement." Brave Combo plays a punk polka - the Door's "People are Strange" as a Yiddish polka and the "Leichtenstein Polka" at 90 mph. Their unique sounds can be heard tonight at 8 p.m. at the Portland Performing Arts Center, 25A Forest Ave., Portland. Tickets are \$12, available at the PPAC box office, 774-0465.

◆ In a more traditional vein, the Portland Symphony Orchestra opens its 1989-90 season with a concert highlighting Japanese violinist Kyoko Takezawa in a performance of Bruch's Violin Concerto No. 1 in G Minor. Others work on the program include a piece commissioned by the PSO, "Fanfare for a New Season" by James Bowder, two Preludes of Wagner, and Strauss's "Till Eulenspiegel's Merry Pranks." The concert is at 8 p.m., preceded by a free concert preview with Toshiyuki Shimada at 7 p.m. Tickets are \$22, \$18, \$14 and \$8 at the PSO box office, 773-8191.



The Zulus won't have any bones to pick. See Sept. 20

THE CASCO BAY WEEKLY CALENDAR: 10 DAYS AND MORE WAYS TO BE INFORMED, GET INVOLVED AND STAY AMUSED.

TUESDAY'S ARE
HIP HOUSE NIGHTS!
D.J. Mr. Mix
Spinning the hottest in Hip-Hop, House & Rap Dance Music

CHEM-FREE
discount w/ college I.D.

31 FOREST AVENUE, PORTLAND • 773-8187

WEDNESDAY NIGHTS LIVE!
SEPT. 20

THE ZULUS
and the Gorehounds
SEPT. 27

XANNA DON'T
Country Western

Fast Abdulla's!
The Original Syrian Sandwich
Shish-K-Bobs
Jerk Chicken
Fresh Baked Turkey

Take Out
772-0360

Open 6 Days 10 a.m.-10 p.m.
147 Cumberland Ave. Portland

PREMIERE POLKA PUNK

BRAVE COMBO

Saturday, September 23rd 8:00 PM
Portland Performing Arts Center

Tickets \$12 Call: 774-0465
Available also at Amadeus Music & Gallery Music

BIG SOUNDS FROM ALL OVER
1989 MUSIC SERIES PRESENTED BY
PORTLAND PERFORMING ARTS

with support from: Cellular One, Sonesta Hotel, and WCLZ
Next Concert: Current Events, Fri. and Sat. Oct. 6/7
Tito Puente & Latin Jazz Allstars, Fri. Oct. 27

THE MOVIES

SEPT. 13-19 ONE WEEK WED-TUES 7, 9-15 SAT-SUN MAT 1, 3-15

let's get lost

SEPT. 20-23 WED-SAT 7-15, 9 SAT MAT 1-15

ATHENS, GA.

STARRING
R.E.M. & THE B-52's

10 Exchange St., Portland 772-9600

For peace of mind.

Crisis intervention information and referral to all social services, telephone counseling.

"Dial Info" 774-HELP

24 hours a day, 7 days a week.

INGRAHAM VOLUNTEERS, INC.

LIFE in BLACK and WHITE

Casco Bay Weekly and Just Black & White present a competition seeking contemporary black and white photography about modern life in Southern Maine.

For more information and the complete rules please call Just Black & White at 761-5861.

Acting Classes

For Ordinary People Center for Performance Studies Box 8515, Portland 774-2776

Beginning September 18th

Tree Cafe
MAINE'S SHOWCLUB

45 DANFORTH STREET, PORTLAND

The hottest "soulous" dance music from Zaire via Paris!

LOKETO

The "Shake your Hips" Tour featuring master guitarist DIBLO



UPCOMING

9/14 **SCRUFFY the Cat w/ Haven Moses**

9/15 **THE BAND THAT TIME FORGOT**

9/16 **BIM SKALA BIM**

9/21 **JONESES WHIGS w/ Nat'l Peoples Gang**

9/22 **PHISH**

9/23 **ROCKIN' VIBRATION**

9/27 **THE WAILERS**

9/29 **THE THROWING MUSES**

CITY HALL AUDITORIUM
Portland, ME

COOLS PRESENTS

THE CHARLIE DANIELS BAND

Thursday, Nov. 2, 7:30 pm

All TICKETRON® Outlets and TICKETRON® PHONE CENTER 1-800-382-8080.

Fall Foliage Flights

ECHO For Business & Sheer Pleasure **775-5440**

Lunch & Dinner Flights



Professional Investigative Services

- Workers Comp.
- Background Checks
- Spouse Spying
- Legal
- Retail Shopping
- Bar Shopping

Call today and ask about these services

Richardson & Associates
75 Clinton St., Portland 773-7301

LISTINGS

Compiled by Ann Sitomer

Listings must be received by 5 pm the Thursday prior to publication
Ann Sitomer, Casco Bay Weekly, 187 Clark Street, Portland 04102

SILVER SCREEN

Let's get lost

Chet Baker died in Amsterdam in 1988 while Bruce Weber was putting the finishing touches on a documentary about Baker's life. Photographed by Jeff Preiss, directed and produced by Bruce Weber, "Let's Get Lost" plays at The Movies through Sept. 19.

The jazz trumpeter and vocalist began his career in the '50s playing with Charlie Parker, Dizzy Gillespie and Gerry Mulligan. A heroin addiction brought his jazz career to an end, although Baker played and recorded on and off until the end of his life.

Weber uses interviews with Baker's ex-wives and colleagues, clips from his movies (Baker made a few in Italy), interviews and footage of Baker taken during the year before his death and photographic stills to piece together Baker's biography. As the movie gets underway, William Claxton's photographs of a young Chet Baker become a cinematic montage of images. The past is re-animated with a visual richness that matches the richness of Baker's music.

And it is the music that drew me in, and held me, while those images lost me. I am convinced that this was done intentionally by Weber. The images change. I see a young Baker blowing his horn. The images, the revelations and the music are juxtaposed and I'm happily lost.

Although the whole movie is has this mesmerizing quality, Baker's character is revealed in a systematic way. Weber creates a life from the life that Baker has created for himself and the one those who came in contact with Baker created. No one person's perspective on Baker's life, including Baker's, is taken as fact.

In the end, Weber's objectivity is brought into question. When Weber—who first became famous as a fashion photographer—asks Baker whether he'd remember making the movie as a good time, Baker recalls the times at the beach, in the clubs and recording studios and cruising around in big cars. It is revealed that all this was manufactured for the filming. Baker says, "It was a dream; things like that don't happen."

Thus does Weber reveal a sad though brilliant life.

Ann Sitomer

The Abyss is the latest from down under, and this time it's not Australia. The undersea epic offers great deep-sea special effects, but the plot is bewildering. A submarine, a nuclear warhead, a deranged naval officer and an alien creature all figure in the story. Ed Harris and Mary Elizabeth Mastrantonio star.

Athena, GA is a documentary on Southern rock 'n' roll (no, "Freelink" please.) The main attractions are R.E.M. and the B-52's, two bands who went from the college radio circuit to the big time. **Batman** Michael Keaton is Bruce Wayne, fighting against an oppressive evil world of Gotham City lorded by the Joker (Jack Nicholson). The sets are designed by Anton Furst, who designed the sets for Stanley Kubrick's "Full Metal Jacket," among other films. The movie has a wonderful look. Unfortunately, the plot and characters fall far short of the movie's menacing and profound sets.

Dead Poets Society Peter Weir's movie is about a group of schoolboys in a strict New England prep school who are inspired by an English teacher (Robin Williams) to look beyond the ordinary and to live their own dreams rather than conform to the expectations of their parents and schoolmasters. Williams' acting does little to inspire, but his character gives the rest of the story the impetus it needs to carry on without him. Using the haunting and mystical images that have become his trademark, Weir makes the boys' initiation into life, love and poetry extraordinary.



Do the Right Thing Spike Lee's third major release is a funny, almost theatrical movie about conflict between young and old, male and female, Italians and Blacks, Blacks and Koreans, people who are comfortable with the status quo and those who want to overthrow it. The movie takes place on one hot day in a black neighborhood in Brooklyn, where little things build into a riot. Amidst the ruthless rap of Brooklyn, Spike Lee has proven that doing the right thing is easier said than done—and that believing that what you're doing is the right thing is harder still.



Lethal Weapon II Danny Glover and Mel Gibson play two cops fighting South African drug smugglers. Lots of product placement and politically correct asides make up the bulk of this one. The movie starts in the beginning of a car chase; plot is something which never seems to cross the producer's mind.

Parenthood Ron Howard's tale of child rearing in middle-class America. Steve Martin plays the man with a high-pressure job, who wants to be superdad. While Jason Roberts and a cast of thousands meander through some tasteless humor about family life, peppered with a few serious and poignant moments.

Sea of Love Al Pacino and Ellen Barkin star in this murder flick. Pacino is a cop investigating the murder of men who have been seduced through personal ads in the paper.

Turner and Hoach Tom Hanks plays a cop with a dog. Both boys work to bust a drug-smuggling ring and still have time for a romance.

What's Where

General Cinemas
Maine Mall
Maine Mall Road, S Portland
774-1022

Sea of Love (R)
(opens Sep 15)
1:30, 4:15, 7, 9:30

sex, lies and videotape (R)
1:30, 4:15, 7, 9:30

Turner & Hoach (PG)
12:45, 3:45, 7, 9:30

Parenthood (PG-13)
12:45, 3:45, 7, 9:30

Lethal Weapon II (R)
1:30, 4:15, 7, 9:30

Do the Right Thing (R)
1:30, 4:15, 7, 9:30

Dead Poets Society (PG)
1:30, 4:15, 7, 9:30

When Harry Met Sally (PG-13)
1:30, 4:15, 7, 9:30

Nickelodeon
Temple and Middle, Portland
772-9791

First matinee on Sat-Sun only

The Package (R)
(opens Sep 15)
1:30, 4:15, 7, 9:30

Do the Right Thing (R)
(opens Sep 15)
1:30, 4:15, 7, 9:30

Batman (PG-13)
(opens Sep 15)
1:30, 4:15, 7, 9:30

Uncle Buck (PG)
1:30, 4:15, 7, 9:30

Dead Poets Society (PG)
1:30, 4:15, 7, 9:30

When Harry Met Sally (PG-13)
1:30, 4:15, 7, 9:30

The Movies
10 Exchange, Portland
772-9600

Let's Get Lost
Sep 13-19
Wed-Tue at 7:15
Sat-Sun mat at 1:30

Athena, GA
Sep 20-25
Wed-Sat at 7:15, 9
Sat mat at 1:15

Cinema City
Westbrook Plaza
654-9116

All times through Thursday; call ahead for Friday's changes

Uncle Buck (PG)
7, 9, weekend mat at 1:30

When Harry Met Sally (R)
7, 9, weekend mat at 1:30

Relentless (R)
7, 9, weekend mat at 1:30

Star Trek: The Motion Picture (PG)
7:15, weekend mat at 1:15

Henry I Shrunk the Kids
7:15, 9:15, weekend mat at 1:15, 3:15

Evening Star
Schedule subject to change
Tortine Mall, Brunswick
729-5486

Do the Right Thing (R)
7, 9:15

Bowdoin College
Brunswick

Italian Film Series
7 pm, Smith Auditorium, Sills Hall
One Plus One Equals Three
Sep 14

Rossellini's "Roma città aperta"
Sep 21

Gender and German Cinema
7 pm, Smith Auditorium, Sills Hall
One Plus One Equals Three
Sep 20

Film and Video Club
Smith Auditorium, Sills Hall

The Adventures of Buckaroo Banzai
Sep 15, 7:30 and 10 pm

The Good, The Bad and The Ugly
Sep 16, 7:30 and 10 pm

The Thin Blue Line
Sep 20, 3:30 and 8 pm

Krueger Auditorium, Visual Arts Center



Uncle Buck is John Candy's annual summer comedy—this year directed by John Hughes. Uncle Buck comes to stay and take care of his nephew and nieces.

When Harry Met Sally Meg Ryan and Billy Crystal play on-and-off acquaintances, who challenge the supposition that men and women cannot be friends. This isn't a movie that gets one thinking about the meaning of modern relationships, but it is thoroughly enjoyable. The short segments of interviews with married couples add spice to the love story between Crystal and Ryan.

CLUBS

Scruffy the Cat and Haven Moses (rock) Tree Cafe, 45 Danforth, Portland, 774-1441.

Karla Bonoff (folk) Raoul's, 865 Forest Ave., Portland, 773-6886.

Rockassurus (rock) Spring Point Cafe, 175 Pickett, S. Portland, 767-4627.

Corrupt (rock) Genos, 13 Brown St., Portland, 761-2506.

Flashback (rock) Moose Alley, 46 Market St., Portland, 774-5246.

High Tide (rock) Old Port Tavern, 11 Moulton, Portland, 774-0444.

Cornerstone (rock) John Martin's Manor, 700 Main St., S. Portland, 775-5642.

FRIDAY

Tiger's Baku (jazz/rock fusion) Raoul's, 865 Forest Ave., Portland, 773-6886.

The Upsetters (r&b) Spring Point Cafe, 175 Pickett, S. Portland, 767-4627.

The Band That Time Forgot (60s tunes) Tree Cafe, 45 Danforth, Portland, 774-1441.

Two Saints, True Nonbelievers and Pluck Theater (rock) Genos, 13 Brown St., Portland, 761-2506.

Split 50 (rock) Moose Alley, 46 Market St., Portland, 774-5246.

High Tide (rock) Old Port Tavern, 11 Moulton, Portland, 774-0444.

Koplerz (rock) Dry Dock, 84 Commercial, Portland, 774-3550.

Cornerstone (rock) John Martin's Manor, 700 Main St., S. Portland, 775-5642.

Terry Eisner (jazz) Blue Moon, 425 Fore St., Portland, 871-0663.

Pert and Starbird (acoustic) The Showmut Inn, Kennebunkport, 967-3931.

SATURDAY

Mamma Tongue (African jazz fusion) Raoul's, 865 Forest Ave., Portland, 773-6886.

Bim Skala Bim (reggae/ska) Tree Cafe, 45 Danforth, Portland, 774-1441.

The Upsetters (r&b) Spring Point Cafe, 175 Pickett, S. Portland, 767-4627.

The Gorehounds, Ghostwalk and The Fighting Cocks (rock) Genos, 13 Brown St., Portland, 761-2506.

Carol & the Changers (rock) Moose Alley, 46 Market St., Portland, 774-5246.

Koplerz (rock) Dry Dock, 84 Commercial, Portland, 774-3550.

High Tide (rock) Old Port Tavern, 11 Moulton, Portland, 774-0444.

Cornerstone (rock) John Martin's Manor, 700 Main St., S. Portland, 775-5642.

Terry Eisner (jazz) Blue Moon, 425 Fore St., Portland, 871-0663.

SUNDAY

Go Team and Blake Babies (rock) Tree Cafe, 45 Danforth, Portland, 774-1441.

Pop Chronicles (rock) Old Port Tavern, 11 Moulton, Portland, 774-0444.

Dani Tribesmen (reggae) Raoul's, 865 Forest Ave., Portland, 773-6886.

Scott Furst (reggae) Squire Morgans, 46 Market St., Portland, 774-5246.

MONDAY

Pop Chronicles (rock) Old Port Tavern, 11 Moulton, Portland, 774-0444.

Ed's Redeeming Qualities (new folk) Tree Cafe, 45 Danforth, Portland, 774-1441.

TUESDAY

Loketo (soulous) Tree Cafe, 45 Danforth, Portland, 774-1441.

The Gorehounds, Twisted Roots and The Fighting Cocks (rock) All Ages Show, Genos, 13 Brown St., Portland, 761-2506.

Bad Habit (rock) Old Port Tavern, 11 Moulton, Portland, 774-0444.

WEDNESDAY

The Zulus and The Gorehounds (rock) Zootz, 31 Forest Ave., Portland, 773-8187.

Brittle Body and Giffhose (rock) Tree Cafe, 45 Danforth, Portland, 774-1441.

Bad Habit (rock) Old Port Tavern, 11 Moulton, Portland, 774-0444.

Red Light Revue (r&b) Raoul's, 865 Forest Ave., Portland, 773-6886.

DANCING

Zootz, 31 Forest, Portland: Thu: house music and new music; Fri: Post Modern; all ages; Sat: latest dance music; Sun: request night; Tue: Hip House; all ages, 773-8187.

The Exchange Club, 33 Exchange, Portland: Open Wed-Sun, until 3:30 am on Fri-Sat, 773-0300.

MUSIC SHOWS

Scruffy the Cat and Haven Moses (rock) Tree Cafe, 45 Danforth, Portland, 774-1441.

Karla Bonoff (folk) Raoul's, 865 Forest Ave., Portland, 773-6886.

Rockassurus (rock) Spring Point Cafe, 175 Pickett, S. Portland, 767-4627.

Corrupt (rock) Genos, 13 Brown St., Portland, 761-2506.

Flashback (rock) Moose Alley, 46 Market St., Portland, 774-5246.

High Tide (rock) Old Port Tavern, 11 Moulton, Portland, 774-0444.

Cornerstone (rock) John Martin's Manor, 700 Main St., S. Portland, 775-5642.

ON STAGE

Charlie Brown Organization (salsa/swing) 12 noon in Monument Square, Portland. Free and open to the public.

Practical Cats (r&b) Harbor Cruise 7:30-10 pm aboard the Longfellow II departing 1 Long Wharf, Portland. Tickets are \$12.50. For more information, call 774-3578.

Mamma Tongue (Afro-American jazz) 8 pm, The Bideford City Theater, 205 Main St., Bideford. Tickets are \$10 in advance, \$12 at the door, available at Amadeus Records in Portland. For more information, call 282-0849.

Obol Neil Boyer (classical) Works performed include Poulenc's "Trio for Oboe, Bassoon and Horn," Herzogenberg's "Trio for Oboe, Horn and Piano" and Mozart's "Concerto for Oboe in C Major." 8 pm at Corbett Concert Hall, USM Gorham. Tickets are \$7/\$4. For reservations, call 780-5555.

Organist Michael Dudman (classical) Works by Agincourt, Bach, Willis and others at 8 pm, Bates College Chapel, Lewiston. Admission is \$3/\$1.50. For more information, call 786-6330.

Bill Staines (folk) 8 pm, Luther Bonney Auditorium, USM Portland. Tickets are \$6 in advance, \$8 at the door, available at Amadeus Music. Buckdancer's Choice and Gallery Music. For more information, call the Portland Folk Club at 773-9549.

Ella Fitzgerald (jazz) 8 pm, Maine Center for the Arts in Orono. Tickets are \$25-\$45, proceeds to benefit cultural programming at the Maine center for the Arts. For tickets, call 581-1755.

Steamboat Trio (jazz) Harbor Cruise 7:30-10 pm aboard the Longfellow II departing 1 Long Wharf, Portland. Tickets are \$12.50. For more information, call 774-3578.

Brazilian Arts Trio (classical) 8 pm, Corbett Concert Hall, USM Gorham. The trio will perform works for piano, clarinet and violin composed by Brazilian composers. Tickets are \$5 for the public, \$3 for students. For more information, call 780-5555.

Flutist and composer William Matthews (classical) Flute solos by Debussy and Bach, two original computer-enhanced works, and Mozarts Flute Quartet in D Major are on the program at 8 pm, Olin Arts Center Concert Hall, Bates College, Lewiston. Free and open to the public. For more information, call 786-6330.

TUESDAY

Portland Folk Club Song Swaps (folk) 7:30 pm, Portland Observatory, Munjoy Hill, Portland. \$1 donation is requested. For more information, call 773-9549.

Music for Flute and Piano (classical) 8 pm, Olin Arts Center Concert Hall, Bates College, Lewiston. Free and open to the public. For more information, call 786-6330.

Schooner Fare (Irish folk) 8 pm, Schoolhouse Arts Center, Rts. 35 and 114, Sebago Lake. Tickets are \$15. For more information, call 642-3743.

WEDNESDAY

Saxophonist Julius Hemphill of the World Saxophone Quartet (jazz) Sep 22, 8:15 pm, Bates College Chapel, Lewiston. Tickets are \$8/\$5. For reservations, call 785-6135.

Brave Combo (polka-punk) Sep 23, 8 pm, Portland Performing Arts Center, 25A Forest Ave., Portland. Tickets are available at the PPAC box office, 774-0465.

Portland Symphony Orchestra (classical) Sep 23, 8 pm, James Bowdoin's "Fanfare for a New Season," commissioned for the PSO, Bruch's Violin Concerto No. 1 in G Minor (featuring violinist Kyoko Takezawa). Tickets are \$22, \$18, \$14 and \$8 at the PSO box office, 773-8181.

UPCOMING

Saxophonist Julius Hemphill of the World Saxophone Quartet (jazz) Sep 22, 8:15 pm, Bates College Chapel, Lewiston. Tickets are \$8/\$5. For reservations, call 785-6135.

Brave Combo (polka-punk) Sep 23, 8 pm, Portland Performing Arts Center, 25A Forest Ave., Portland. Tickets are available at the PPAC box office, 774-0465.

Portland Symphony Orchestra (classical) Sep 23, 8 pm, James Bowdoin's "Fanfare for a New Season," commissioned for the PSO, Bruch's Violin Concerto No. 1 in G Minor (featuring violinist Kyoko Takezawa). Tickets are \$22, \$18, \$14 and \$8 at the PSO box office, 773-8181.

Saxophonist Julius Hemphill of the World Saxophone Quartet (jazz) Sep 22, 8:15 pm, Bates College Chapel, Lewiston. Tickets are \$8/\$5. For reservations, call 785-6135.

Brave Combo (polka-punk) Sep 23, 8 pm, Portland Performing Arts Center, 25A Forest Ave., Portland. Tickets are available at the PPAC box office, 774-0465.

Portland Symphony Orchestra (classical) Sep 23, 8 pm, James Bowdoin's "Fanfare for a New Season," commissioned for the PSO, Bruch's Violin Concerto No. 1 in G Minor (featuring violinist Kyoko Takezawa). Tickets are \$22, \$18, \$14 and \$8 at the PSO box office, 773-8181.

Saxophonist Julius Hemphill of the World Saxophone Quartet (jazz) Sep 22, 8:15 pm, Bates College Chapel, Lewiston. Tickets are \$8/\$5. For reservations, call 785-6135.

Brave Combo (polka-punk) Sep 23, 8 pm, Portland Performing Arts Center, 25A Forest Ave., Portland. Tickets are available at the PPAC box office, 774-0465.

Portland Symphony Orchestra (classical) Sep 23, 8 pm, James Bowdoin's "Fanfare for a New Season," commissioned for the PSO, Bruch's Violin Concerto No. 1 in G Minor (featuring violinist Kyoko Takezawa). Tickets are \$22, \$18, \$14 and \$8 at the PSO box office, 773-8181.

Saxophonist Julius Hemphill of the World Saxophone Quartet (jazz) Sep 22, 8:15 pm, Bates College Chapel, Lewiston. Tickets are \$8/\$5. For reservations, call 785-6135.

Brave Combo (polka-punk) Sep 23, 8 pm, Portland Performing Arts Center, 25A Forest Ave., Portland. Tickets are available at the PPAC box office, 774-0465.

Portland Symphony Orchestra (classical) Sep 23, 8 pm, James Bowdoin's "Fanfare for a New Season," commissioned for the PSO, Bruch's Violin Concerto No. 1 in G Minor (featuring violinist Kyoko Takezawa). Tickets are \$22, \$18, \$14 and \$8 at the PSO box office, 773-8181.

Saxophonist Julius Hemphill of the World Saxophone Quartet (jazz) Sep 22, 8:15 pm, Bates College Chapel, Lewiston. Tickets are \$8/\$5. For reservations, call 785-6135.

Brave Combo (polka-punk) Sep 23, 8 pm, Portland Performing Arts Center, 25A Forest Ave., Portland. Tickets are available at the PPAC box office, 774-0465.

Portland Symphony Orchestra (classical) Sep 23, 8 pm, James Bowdoin's "Fanfare for a New Season," commissioned for the PSO, Bruch's Violin Concerto No. 1 in G Minor (featuring violinist Kyoko Takezawa). Tickets are \$22, \$18, \$14 and \$8 at the PSO box office, 773-8181.

Saxophonist Julius Hemphill of the World Saxophone Quartet (jazz) Sep 22, 8:15 pm, Bates College Chapel, Lewiston. Tickets are \$8/\$5. For reservations, call 785-6135.

Brave Combo (polka-punk) Sep 23, 8 pm, Portland Performing Arts Center, 25A Forest Ave., Portland. Tickets are available at the PPAC box office, 774-0465.

Portland Symphony Orchestra (classical) Sep 23, 8 pm, James Bowdoin's "Fanfare for a New Season," commissioned for the PSO, Bruch's Violin Concerto No. 1 in G Minor (featuring violinist Kyoko Takezawa). Tickets are \$22, \$18, \$14 and \$8 at the PSO box office, 773-8181.

Saxophonist Julius Hemphill of the World Saxophone Quartet (jazz) Sep 22, 8:15 pm, Bates College Chapel, Lewiston. Tickets are \$8/\$5. For reservations, call 785-6135.

Brave Combo (polka-punk) Sep 23, 8 pm, Portland Performing Arts Center, 25A Forest Ave., Portland. Tickets are available at the PPAC box office, 774-0465.

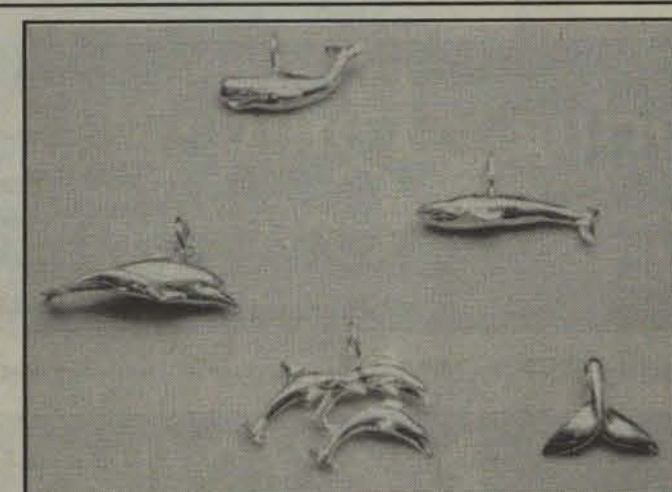
Portland Symphony Orchestra (classical) Sep 23, 8 pm, James Bowdoin's "Fanfare for a New Season," commissioned for the PSO, Bruch's Violin Concerto No. 1 in G Minor (featuring violinist Kyoko Take

Ta 

imports from:
Sulawesi
Lombok
Kalimantan
Sumatra
Java
Irian Jaya

372 Fore St.
Old Port
Portland, ME
773-6884

Open
Every Day



Nautical Pendants
Sterling Silver \$8-\$15 • 14k gold \$32-\$119

 **d. cole jewelers**
10 Exchange St. Portland 772-5119
Hours: Mon-Sat 10-6, Sun Noon-5, Thur. open until 8.

It's our 20th Anniversary
and we're giving you a gift!

20% off
any purchase or custom framing

Sept. 15- Sept. 30

KENNEDY STUDIOS

-Please present ad with order-
7 Exchange St. Portland 772-8766

SEE FALL THROUGH CLEAN WINDOWS!

DAVE'S PROFESSIONAL Window Washing

RESIDENTIAL & COMMERCIAL
DAVID STEBBINS • 879-9068

the Spirited Gourmet
fine foods • wines

Here at last: Fresh Pasta!
We'll gladly help with your selections.
Ample free parking.

Monday - Friday 10AM - 6PM, Saturday 9 - 5.
773-2919 • 142 St. John Street, Portland

ART SEEN

by Sherry Miller

Evans Gallery shows Eliot Porter Fine arts photography

After 150 years, photography has assumed its own place as art.

Portlanders have been treated to many photography-as-art shows in the past decade: Steve Halpert almost single-handedly kept us going with exhibitions at Westbrook College's Alexander Hall until the school decided to make other use of the space. Then the Portland School of Art devoted the downstairs gallery in the Baxter Building to photography. The Portland Museum of Art has also mounted several excellent shows, including last year's outstanding Kertesz show.

And on Friday, September 8, Betsy Evans opened the Evans Gallery at 7 Pleasant St. (between Hi Bombay and Alberta's Cafe). The inaugural show features work by the world-famous Eliot Porter. Evans is showing two portfolios: "Trees" and "Certain Passages," of ten and eight prints, respectively. The simply-framed prints line the white walls of the 600-square-foot gallery.

Porter is now 88 years old. He always summered in Maine but now lives in Sante Fe, N.M., and doesn't travel. His brother, Fairfield Porter, is a famous painter of New England and country scenes.

Eliot Porter belongs to the first generation of color photographers in America. He pioneered the dye transfer process which was used to make the prints for this show. Dye transfer, the most permanent of all the color printing techniques, works this way: three color separations are made from the original negative and then each separate negative is printed, one after the other onto photographic paper. Dye transfer prints have a deep, dense and richly varied series of colors, much more so than other photographic processes.

So it comes as no surprise that several of Porter's photographs, especially in the "Tree" portfolio, blew me away with their color. Number 2, "Red Tree Near Cade's Cove, Great Smokey Mountains National Park," offered a red with the richness of an old master's oil paint, surrounded by blues, reds, and purples that looked like Monet had painted the leaves. Number 8, "Dry Cypress Swamp, Tamiami Trail Florida," had a dark ground from which your eye picks out little specks of orange which turn out to be flowers growing among the trees.

Porter had his first show in the '20s at An American Place, the gallery of Manhattan-based photographer Alfred Steiglitz. Another colleague of Porter's, the famous Ansel Adams, introduced Porter to the Sierra Club. Porter did lots of work for the Sierra Club in the '50s and came to be associated with the environmental movement. "And," added Evans at the end of her summary, "Porter was a medical M.D., graduating from Harvard in 1929."

Evans's odyssey

I quote Evans' description of Porter because I am glad to find a gallery owner who has taken the time and has the knowledge to discuss the work, and the artist, she is showing. I encourage people visiting the gallery to ask as many questions as possible about the techniques and history of

photography.

Evans has an interesting display of books and she pulled several of them out while we were talking to show me the work of people I didn't know. (That included most of the people she mentioned—so don't be intimidated if you're just starting out in photography.)

As we were talking, Evans showed me a book of Sam Wagstaff's collection of photographs which, after his death, was purchased by the Getty Museum. Every photograph in that book looked like a "work of art" to me. Evans also dug out pictures in books by Robert Frank and W. Eugene Smith, two famous photographers I didn't know.

"I hope to show work by nationally known people and new people—work from \$200 to \$10,000. Soon I'll begin looking at some local portfolios. I want to have a Bernice Abbott show, maybe next."



Evans at her Pleasant Street gallery. CBW/Tonice Harbert

Ten years ago Evans, a native of northern New Jersey, graduated from Colorado College where she majored in fine arts and wrote a thesis on Steiglitz. She then worked for three years at a photography gallery in San Francisco. "Then I got homesick for the east," she said, "and so I

went to New York. I called on a friend who worked for the Robert Miller Gallery. There was no job there, but he sent me to Robert Mapplethorpe's studio. Mapplethorpe, showing at Robert Miller, was just coming into the big time and his studio was a disaster. He hired me to manage his studio. This meant cataloging all his work, making files to keep track of where all the prints were and where they were due, and eventually coordinating all his speaking and social engagements as well."

Mapplethorpe, now deceased, is the controversial artist whose works were just removed from the Corcoran Gallery in Washington D.C.—and who has spurred the recent national debate about Congressional censorship of the arts.

"Mapplethorpe was a marvelous man, fun to work for, but after a while I couldn't see where it was going. I was becoming a social secretary and I was deciding that big cities weren't for me. So I went to work at the Addison Gallery at Phillips Academy in Andover, Mass. I had attended Andover and knew Chris Cook, the director. There I photographed and catalogued the whole collection. I was there for two years and then went on to Sotheby's Fine Arts Curatorial Program, became interested in early American decorative arts and moved to Maine to work for Richard Stuart in his Limington antique business."

"But that was too grueling. Summer is interesting but the rest of the year you have to haul antiques around in a truck. So finally I've come back to my first love, photography. I can keep the gallery open for at least two years, enough time to see if it will work or not. So far Portland and the people in it have been wonderful."

Sherry Miller just purchased a fully automatic camera and gave up all pretensions of being a picture taker.

DANCE

The Performing Arts Ensemble performs dance works by Pooh Kaye, David Dorfman, and Danny Costa Sep 15, 8 pm at Russell Square Theatre at the USM Gorham campus. Tickets are \$8/\$5. For more information, call 874-6590.

African Dance Workshops with Amaniya Payne and Clifton Roberts, members of the musical group Mamma Tongue and the Muntu Dance Theatre in Chicago Sep 16, 1-3 pm at the Bath Dance Works, Front St. Bath and Sep 17, 1-3 pm at Ram Island Dance, 25A Forest Ave., Portland. Pre-registration is required. Workshop is \$35. For more information, contact Lisa Nichols at 845-2622.

The Nutcracker Portland Ballet Company is holding auditions Sep 23 at their studios, 341 Cumberland Ave., Portland. Character auditions for adults, 1-1:30 pm; Ballet, adults and children (at least 8 years old), 1:30-2:15 pm; Advanced Pointe Dancers, 2:15-3 pm. Performances of "The Nutcracker" will be at Biddell's City Theater Dec 1-17. For more information, call 772-9671.

GALA

Dress Rehearsal: Joseph's Fall Premiere Fashion performance with live jazz to benefit the Portland Stage Company Sep 14, 6 pm at Portland Performing Arts, 25A Forest Ave., Portland. Tickets are \$35 and are available at Joseph's, 410 Fore St., PPAC box office, or by calling 775-2916.

Antique Show presented by the Women's Committee of the Portland Symphony Orchestra Sep 15-17 at the South Portland Armory. Preview party Sep 15, 6:30-9:30 pm. Tickets are \$25 per person. Show hours are Sat 10 am-6 pm, Sun 11 am-5 pm. General admission is \$3.

Freeport Bicentennial's Harbor Day kicks off with a clean-up of the Freeport coastline Sep 17, 9 am. Adults and children are invited to pick up marine debris at one of the following locations: Town Dock in South Freeport, Winslow Park and Wolfe Neck Woods State Park. Please wear gloves and work boots. Trash bags and McDonald's gift certificates will be provided.

Common Ground Country Fair sponsored by the Maine Organic Farmers and Gardeners Association Sep 22-24 at Windsor Fairgrounds, Rt. 32, Windsor. Features Maine entertainers, crafts, delicious and nutritious food, and active participation children's area and more. Texas commissioner of agriculture Jim Hightower is the keynote speaker at this year's agricultural fair Sep 23, 11 am. Sep 22-23, 9 am-9 pm, Sep 24, 9 am-5 pm. Tickets are \$4 adults, \$2 children, elders and MOFGA members. For more information, call 623-5115.

AROUND TOWN

Portland Museum of Art Seven Congress Square, Portland. Hours: Tue-Sat, 10-5; Sun, 12-5; Free on Thursday evenings, 5-9. Andrew Wyeth in Maine: Selections from the Holly and Arthur Magill Collection, an exhibit of over 60 drawings and watercolors (through Sep 24). Perspectives: Celeste Roberge (through Oct 8). Watercolors by American Masters (through Oct 15). 775-6148.

Barrioff Gallery, 26 Free St., Portland. William Manning: Aurora and Temple Series through Sep 30. Also at the gallery, a selection of 19th and early 20th century art. Hours: Mon-Fri 10 am-5 pm, Sat 12-4 pm. 772-5011.

Bayview Gallery, 75 Market St., Portland. New paintings by Scott Moore through Sep 30. Tue-Sat 10 am-6 pm. 773-3007.

Cafe Always, 47 Middle St., Portland. Constructions by Daniel McCusker and photographs by John Kramer on view through Sep. 774-9399.

Evans Gallery, 7 Pleasant St., Portland. Eliot Porter's portfolios "Trees" and "Certain Passages" are on exhibit through Oct 7. Hours: Tue-Sat 10 am-6 pm (Thu until 9). 879-0042.

Grity McDuff's, 396 Fore, Portland. RasCul Art, collages by Haven M. Andrews III.

Joan Whitney Payson Gallery of Art, Westbrook College, 376 Stevens Ave., Portland. Mixed media works by Judith Nelson through Oct 29. Hours: Tue-Fri 10 am-4 pm (Thu until 9), Sat-Sun 1-5 pm. 797-9546.

Maine Potters Market, 376 Fore St., Portland. Group display of potters in the cooperative through Sep 26. Hours: Sun-Wed 10 am-6 pm, Thu-Sat 10 am-9 pm. 774-1633.

Portland Public Library, Monument Square, Portland. Recent abstract paintings by Janice May Scott through Sep 29. Hours: Mon, Wed and Fri 9 am-6 pm, Tue and Thu 12-9 pm and Sat 9 am-5 pm. 871-1700.

Portland School of Art, Baxter Gallery, 619 Congress St., Portland. Student Show, through Oct 14. Hours: Mon-Fri 10 am-5 pm (Thu until 7 pm), Sun 11-4 pm. 775-5152.

University of Southern Maine The Art of Revolution: Political Poster Art from Latin America through Sep 22 at the AREA Gallery, USM Portland Campus Center. Hours: Mon-Sat 10 am-10 pm, Sun 12-5 pm. 780-4090.

OUT OF TOWN

Bowdoin College Museum of Art, Brunswick. Carol Plyant: Paintings through Oct 1. Hours: Tue-Sat 10 am-8 pm, Sun 2-5 pm. 725-3275.

Elements Gallery, 56 Maine St., Brunswick. Ceramic sculptures by Sharon Townsend and tapestry rugs by Morris David Dorenfeld are on exhibit through Nov 3. Hours: Tue-Sat 10 am-6 pm, Sun 2-5 pm. 729-1108.

Hobe Sound Galleries North, 58 Maine St., Brunswick. New works by John Muench through Sep 24. Hours: Mon-Sat 10:30 am-5 pm. 725-4191.

Maine Audubon Society, 118 U.S. Rt. 1, Falmouth. Etchings, collages, prints and wearable art by Linda Ely through Sep 30. Hours: Mon-Sat 9 am-5 pm, Sun 12-5 pm. 781-2330.

O'Farrell Gallery, 46 Maine St., Brunswick. New paintings by Ruthanne Harrison through Oct 28. 729-8228.

ON THE WALL

OPENING

Thomas Memorial Library, Scott Dyer Rd., Cape Elizabeth. Photochem paintings by L. Murray Jamison through Oct 14. Opening reception Sep 14, 6:30-8:30 pm. Hours: Mon, Wed, Fri-Sat 9 am-5 pm, Tue, Thu 9 am-9 pm. 799-1720.

Dean Velentgas Gallery, 60 Hampshire St., Portland. "Duty, Pleasure and Nature," new work by Greg Parker Sep 16-Oct 15. Opening reception Sep 16, 5-8 pm. Hours: Thu 5-9 pm, Sat-Sun 12-5 pm. 772-2042.

OFF THE WALL

Art and the Homeless Meeting to plan an art show on the theme of homelessness, which will take place in January 1990 (the show will be a joint effort between the UMVA and the Maine Project on Southern Africa) Sep 14, 7 pm at the Immanuel Baptist Church, 156 High St., Portland. Free and open to the public. For more information, call 797-3711.

Bowdoin's Outdoor Gallery: A Walking Tour of the Quad Patricia McGraw Anderson, author of "The Architecture of Bowdoin College," speaks Sep 17, 3 pm. Meet in front of the Walker Art Building, Bowdoin College, Brunswick. For more information, call 725-3275.

MORE

DUTY, PLEASURE AND NATURE

New Work by

GREG PARKER

SEPT. 16 - OCT. 15, 1989

Opening Reception
Saturday, September 16, 5-8 pm

dean velentgas gallery

60 hampshire street
portland • maine
772-2042

gallery open
thurs. 5-9
sat. & sun. 12-5
and
by appointment



Tree
of Life

An ancient symbol
of productivity,
wisdom and life,
this abacus
original is available
in 14k, 18k gold
and sterling silver.



abacus

44 Exchange Street • Portland, ME 04101 • 772-4880

CHROMA
THE FINEST IN ARTIST SUPPLIES & CUSTOM FRAMING

- Special Materials Available Quickly
- Same-day Dry Mounting
- Easy Parking

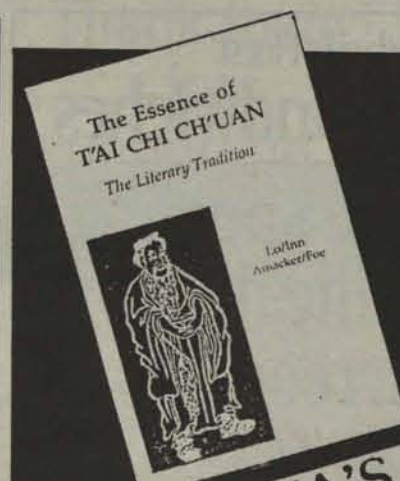
774-3599

305 COMMERCIAL STREET • PORTLAND



glass jewelry
colorful pins / necklaces /
bracelets / bolo ties / fun
stuff

the stein GALLERY
CONTEMPORARY GLASS
20 MILK STREET / 807 778-9072
PORTLAND MAINE 04101



ANASTASIA'S BOOKS
136 Commercial St.
773-0046
Fall hours:
Mon.-Sat.
10-5:30
Sun 1-5

FLY THE BEST.



♦ STUNTERS ♦ DELTAS
♦ DIAMONDS ♦ PARAFOILS
♦ AND MORE!

OLD PORT KITE SHOPPE

For All Ye Mighty
Wind Related Needs
3 Wharf St. • Old Port
871-0035

LEARN TO FLY FOR UNDER \$700.



SPECIALIZED

Rockhopper
\$616

To reach higher altitudes, climb on a Specialized® Rockhopper® or Rockhopper Comp. Designed for the enthusiast, both mountain bikes use sophisticated triple-butted frame construction, precise 18-speed Shimano index shifting, and our shock-absorbing DirectDrive® fork.

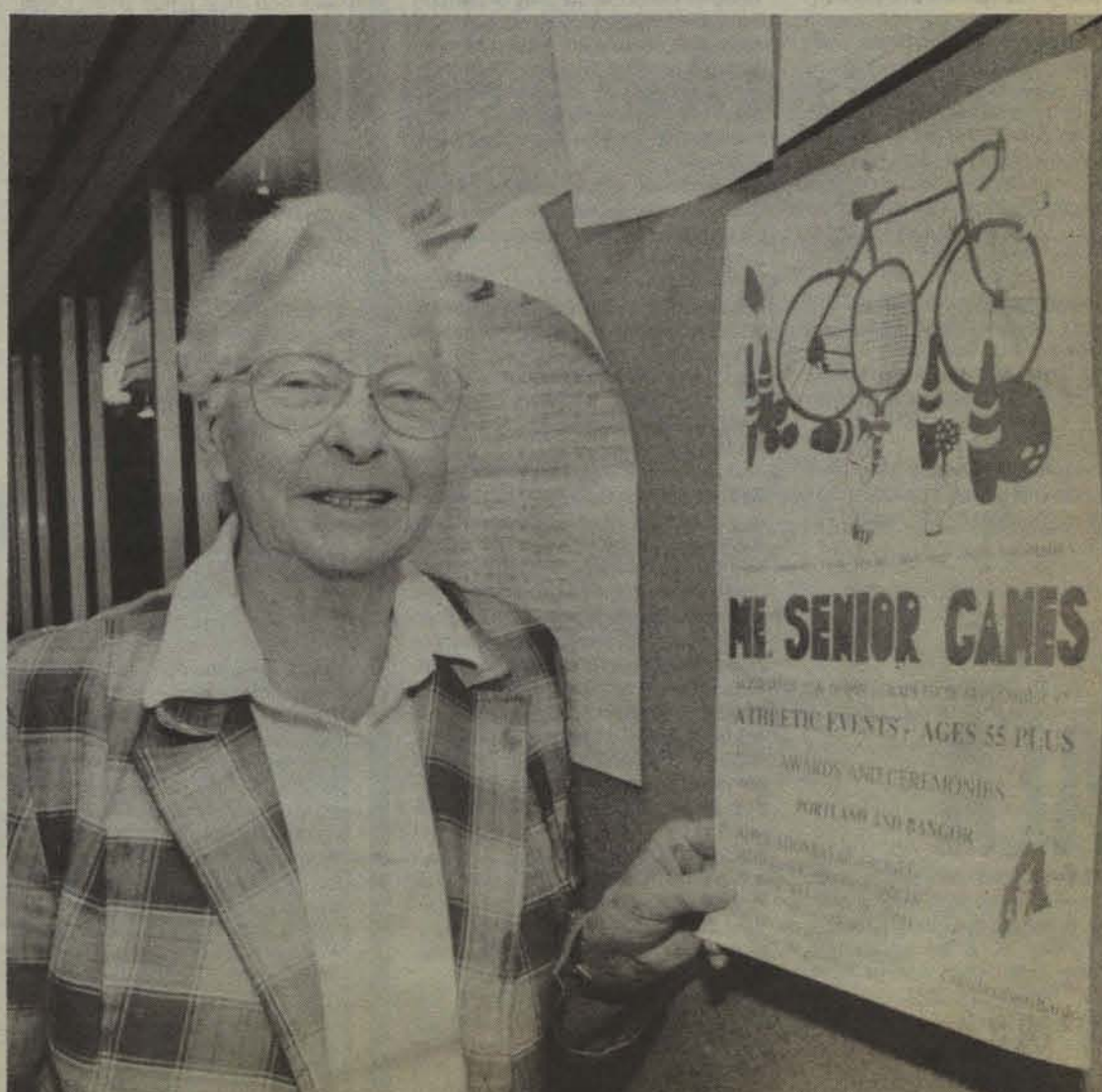
So jet on over. Because at these prices, Rockhoppers are flying out the door.

CYCLE MANIA

188 State Street, Portland • 774-2933

SPORT

by Mike Quinn



Val Dainys recruits the jocks.

Fun ways to promote good health Maine Senior Games

"Age is a matter of mind. If you don't mind, it doesn't matter." A famous person once said that. A lot of Maine's famous people of age 55 and older will be featured in the third annual Maine Senior Games.

Casco Northern Bank is sponsoring the competition on Sept. 15-16 at various Portland locations. Events include basketball, biking, tennis, horseshoes, bowling, track, swimming, table tennis, golf, and football and softball throws.

While this itinerary would exhaust many high school seniors, our local seniors are sky high, buoyed by their young-at-heart philosophy.

Len Jordan, president of the Maine Senior Games, started the Olympics-like event to promote fitness among the state's 275,000 seniors. "It is important for everyone to compete at something," says Jordan, manager of the rehabilitation programs at the University of Southern Maine's Lifeline center. "But the benefits of the Maine Senior Games go beyond competition. People who get involved may latch onto an activity that will bring them into a social group. And for many, a gold medal is an additional motivation to get into shape." Last year, the oldest competitor was 83.

Maine's seniors are going after the gold as part of a first class show. The Games will have all the trappings of the Olympics with an athletes' parade, opening and closing ceremonies and the lighting of the Olympic torch.

If you're in the mood to witness some wily veterans demonstrate their athletic nerve and sinew, come out to Riverside Golf Course on Friday for the golf competition. Assuming your heart can handle their dramatic three footers, hang on until the next day. All other events transpire on Saturday at these locations: Deering Oaks Park (bike race, tennis, horseshoes, softball throw, football throw), USM gym (Parade of Athletes, Opening Ceremonies, racquetball, table tennis, basketball shoot, awards and Closing Ceremonies), YMCA (swimming) and hallowed

Fitpatrick Stadium (one-mile run, three-mile run and 100-meter dash).

What makes the Maine Senior Games so special are the stories behind the starting lines. Take 71-year-old runner John Woods, resident of Harpswell. Woods ran the Boston Marathon back in 1975 and has run in track meets in Sweden, Germany, Puerto Rico, Australia and Rome. This frequent flyer (and former American Airlines pilot) has an upbeat philosophy about the games. "We older folks are as nutty as the younger people. When the adrenaline starts flowing we get excited and when we win even a two-inch trophy, we're absolutely ecstatic. For a lot of people in our age group, competition is like magic. It can provide the added incentive to get them off their behinds. These Games prove the point that older people can be a lot more active than people had previously thought."

Ed Trenner of Falmouth plays a mean game of racquetball at age 67. Trenner last competed with players his own age in the National Masters Tournament in Chattanooga, Tenn., a few years ago. "The Senior games are important because you meet new people, you get to challenge yourself, and you have another reason to stay in shape," says Trenner, retired from the summer camp business. "Competition keeps you younger."

Val Dainys, a 78-year-old woman, has been using her sales skills to recruit athletes statewide for these Games. In past years she has won gold and bronze medals. Now she is content to pass the torch on to other proud and willing stars. Fans of true and hearty competition, don't wait until the Summer Olympics of 1992 in Barcelona. Pop in at the Maine Senior Games on Friday and Saturday and rejoice when Maine's old timers play around like kids. Leave your Geritol at home—they won't need it.

Mike Quinn, once a decent athlete, hopes to be able to open his mail and brush his teeth when he's 55.

MORE OFF THE WALL

Judaism and the Creative Process

Four local Jewish women will discuss and demonstrate how Judaism affects their creative processes Sep 19, 7 pm at the Jewish Community Center, 57 Ashmont St., Portland. The artists include ceramic artist Toby Rosenberg, sculptor Bernice Glickman, multi-media artist Sherry Miller and canvas artist Joanne Oransky. Free and open to the public, the event is sponsored by Hadassah, Women's Zionist Organization of America.

Carol Pylant gives a public slide lecture of her work currently on exhibit at the Bowdoin College Museum of Art Sep 20, 7 pm in Beam Classroom, Visual Arts Building, Bowdoin College, Brunswick. For more information, call 725-3275.

Charles Thompson's "Monna Vanna" is the subject of a gallery talk being given by Larry Lutchmansingh, associate professor of art, Sep 20, 1 pm and Sep 24, 3 pm at the Walker Art Building, Bowdoin College of Art, Brunswick. Free and open to the public. For more information, call 725-3275.

Adult Beginning Painting and Drawing Classes offered at Reiche Community Center, Brackett St., Portland. Drawing is offered Tuesdays, Sep 19-Oct 24, 7-9 pm; painting Wednesdays, Sep 20-Oct 25, 7-9 pm. Fee is \$10. To register, call 874-8873.

Writing Workshops for anyone interested in exploring new material, ideas and fresh approaches to short fiction and essays. Classes are Sundays 1-3 pm, beginning Sep 17, or Wednesdays 6:30-8:30 pm, beginning Sep 20. Six-session workshops are taught by Alfred DePew. Cost is \$100. For more information, call 775-3708.

Public Theology and Ministry for the 21st Century Max Stackhouse, professor of Christian and Social Ethics and Stewardship Studies at Andover Newton Theological School, speaks Sep 17, 4 pm at the General Theological Center of Maine, 159 State St., Portland. The lecture is free and open to the public as part of the center's fall open house. The center and its library are open to the public Mon-Fri 9 am-4 pm. For more information, call 874-2214.

Between Washington and Jerusalem Wolf Blitzer, the Washington Bureau of the Jerusalem, and author of "Between Washington and Jerusalem," speaks Sep 17, 7:30 pm in Kresge Auditorium, Visual Arts Center, Bowdoin College, Brunswick. For more information, call 725-3151.

Awakening the Prosperity in Your Life One-day workshop on how to bring a balance of abundance and prosperity into life Sep 17, 10 am-4 pm at Northeast Metaphysics, 33 High Rd., Cornish. For more information, call 625-7447.

Liturgical Music Workshop Bob Hurd, visiting professor of theology at California's Franciscan School of Theology and a liturgical music composer, leads a workshop Sep 18, 7 pm at St. Joseph's in Biddeford. The cost is \$5. For more information, call 282-9352.

Refugee? A Forum on Moakley-Deconcini sponsored by the Amnesty International groups of Maine and Bowdoin. Amnesty International Sep 18, 7:30 pm in Beam Classroom, Visual Arts Center, Bowdoin College, Brunswick. For more information, call 725-3151.

Yarmouth's Main Street Architectural Upper Falls Village Kenneth Severans speaks Sep 18, 7:30 pm in the Meeting Room of Merrill Memorial Library in Yarmouth. Free and open to the public. For more information, call the Yarmouth Historical Society at 846-8259.

G.O. A.W.A.Y. (Group of Avid Wanderers and Yeamers) is holding their third travel club meeting Sep 18, 7-9 pm at Uniglobe Travel, Scarborough Commons, 153 Rt. 1, S. Scarborough. Slide show and talk on country life in England and France. Cost is \$3. For more information, call 883-8938.

Jung Seminar Sheldon Christian reads his poetry Sep 19, 4 pm in the Faculty Room, Massachusetts Hall, Bowdoin College, Brunswick. Free and open to the public. For more information, call 725-3151.

Parent Effectiveness Training Special introductory sessions will be held on four Tuesday evenings, Sep 19-Oct 10, 7:30 pm at 1040 Broadway, S. Portland. Larry Roy will present an overview of P.E.T. and demonstrate how it can improve communication and problem solving skills. For more information, call Larry Roy at 767-7136.

People from Here and Away B.J. Morison, mystery writer and theater owner for Bar Harbor, gives a social commentary as part of Portland Public Library's Brown Bag guest lecturer series Sep 20, 12 noon in the Rines Meeting Room in the main library at 5 Monument Square. Free and open to the public. For more information, call 871-1700.

Adolescents and Chemical Dependency Program offered as part of Mercy Hospital's Women's Health Series Sep 20, 7 pm in the Medical Staff Memorial Auditorium, 144 State St., Portland. Two substance abuse counselors discuss their experiences working with adolescents and their parents, the disease concept of chemical dependency and parenting chemical dependent adolescents. The program is free and open to the public. For more information, call 879-3486.

Introduction to Crystals Workshop studies innate properties of crystals and how to program them for personal use and benefit Sep 20, 7 pm at Northeast Metaphysics, 33 High Rd., Cornish. For more information, call 625-7447.

Cruise Missiles John Nelson, former U.S. Naval Commander and president of Veterans for Peace speaks on "Why the Citizens of Maine Should Vote to Ban Further Testing of Cruise Missiles in Maine" Sep 20, 7:30 pm at the First Parish Church, 425 Congress, Portland. Free and open to the public. For more information, call 767-3429.

More Cruise Missiles Rear Admiral Eugene J. Carroll Jr. (USN, ret.), deputy director for the Center for Defense Information in Washington, D.C., speaks on "Arms Control Begins at Home: The Maine Cruise Missile Referendum" Sep 20, 7:30 pm in 105 Olin Arts Center, Bates College, Lewiston. Free and open to the public.

SENSE

Amnesty International Local chapter meets Sep 14 (the second Thu of each month), 7 pm at Woodfords Congregational Church, 202 Woodfords St., Portland. Anyone interested in joining is welcome to attend. For more information, call 773-5588.

Riverwatch Association meets Sep 14, 7 pm in 310 Luther Bonney Hall, USM Portland. Anyone interested in monitoring local rivers is welcome to attend. For more information, call 223-3840.

Macro Applications of Human Relations: Skills in Peace Building Marvylene Styles Hughes, University of Toledo, speaks Sep 15, 8 pm in Beam Classroom, Visual Arts Center, Bowdoin College, Brunswick. For more information, call 725-3151.

Exploring Nursing Post Introduction to the nursing profession for young people ages 14-20. Three meetings will be held: Sep 14, 7 pm in 113 Masterton Hall, Bedford Street, USM Portland; Sep 21, 7 pm in Classroom 1 of the Dana Center, Maine Medical; Sep 28, 7 pm in the Administrative Conference Room on B1 at Mercy Hospital, 144 State St., Portland. For more information, call Deborah Marston at the USM School of Nursing at 780-4805.

Chinese Lunar Festival Professor Lin Yu of Bowdoin College will read moon poems by Chinese poets and speak about Chinese poetry Sep 15, 7 pm in 311 Luther Bonney Hall, USM Portland. A reception with mooncakes will follow. The celebration is sponsored by the Chinese American Friendship Association of Maine. For more information, call 773-3192.

Southworth Planetarium Astronomy Shows Fri-Sun at 7 pm, Laser Shows Fri-Sun at 8:30 pm. Admission is \$3 for adults, \$2 for students and children (no children under 5). For more information, call 780-4249.

Poetry Reading by Kenneth Rosen, winner of the 1989 Maine Arts Commission's Poetry Chapbook Contest, Sep 16, 7:30 pm at the Maine Writers Center, 190 Mason St., Brunswick. Free and open to the public. For more information, call 729-6333.

Getting Published Workshop on market research, marketing, manuscript formats, literary agents and more for writers of fiction and non-fiction Sep 16, 10 am-3 pm at the Maine Writers Center, 19 Mason St., Portland. Cost is \$25 for MWPA members, \$30 for non-members. Pre-registration is necessary. For more information, call 729-6333.

Natural History and Animals of Kenya and Tanzania Slide presentation of the varied wildlife and spectacular scenery of these countries Sep 20, 7 pm at Maine Audubon Society's Gilsland Farm Sanctuary in Freeport. Free and open to the public. For more information, call 781-2330.

Maine Connection invites fellow Catholics in their 20s and 30s to attend a fall mass series at the Chancery, 510 Ocean Ave., Portland. Reflections on Solitude Sep 20, 7-9 pm. For more information, call 799-0757.

Photojournalism: A Critical Perspective Michael Kienitz, photojournalist and free-lance photographer, speaks Sep 21, 4 pm in Beam Classroom, Visual Arts Center, Bowdoin College, Brunswick. Free and open to the public. For more information, call 725-3151.

Poetry reading by David Walker Sep 21, 8 pm at Raffles Cafe Bookstore, 555 Congress, Portland. For more information, call 761-3930.

The Southern Maine Whole Language Support Group Peg Hillman speaks on relating math and literature Sep 21, 4-5:30 pm (followed by a covered dish supper at 5:30) at the Wilson School, Cumberland.

Portland Writers Network Informal discussion of reference materials for the writer Sep 21, 7:30 pm in the Public Safety Building, 109 Middle St., Portland. Maurice Hunter will lead the discussion and will bring his extensive reference library for browsing. Free and open to the public. For more information, call 773-0847 or 871-0466.

Bhutan: The Dragon Kingdom Slide show on Himalayan countries given by Davis Bloom Sep 21, 7 pm at the Saxena Art Gallery, 27 Wharf St., Portland. Free and open to the public. For more information, call 761-0303.

Women's Voices, Women's Choices Workshop empowering women to create the work life they need and want Sep 22, 6:30-9:30 pm and Sep 23, 9:30-4:30 pm. Registration deadline is Sep 15; cost is \$85. For more information, call 761-0071.

Island Journey: Renewing Our Visions for Earth is the theme of the New England Environmental Education Alliance Annual Conference Sep 22-24 on Hurricane Island, Penobscot Bay. Workshops and general sessions will focus on heightening awareness of the natural world and clarifying personal goals to enable effective environmental education leadership. For more information, call Cindy Krum at 774-2441.

The Enduring Relevance of the Bill of Rights Symposium with a distinguished panel including political scientist Nadine Strossen, syndicated columnist Jeffrey Hart, and Mark Kessler, assistant professor of political science at Bates Sep 23, 10 am in the Olin Arts Center Concert Hall, Bates College, Lewiston. Free and open to the public.

WELLNESS

Health Screenings Health Promotion Program of Community Health Services, Inc. sponsors health screenings for diabetes, anemia, colorectal cancer and high blood pressure. Two or more tests per person are available time permitting. Donations are accepted. Times and locations are as follows: Sep 14, 10 am-12 noon, 8 Corners Church, Scarborough; Sep 19, 12:30-2:30 pm, Congregational Church Hall in Gray; Sep 20, 9:30-11:30 am, Community Building in Windham; Sep 25, 1-3 pm, Town Hall in Scarborough; Sep 27, 9:30-11:30 am, St. Anne's Church, Gorham. For more information, call 775-7231 ext. 551.

Women's Wellness Weekend Free health screenings and educational seminars Sep 15-16 at the Osteopathic Hospital of Maine, 335 Brighton Ave., Portland. For program listings and complete schedule information, call 879-8035.

Leg Alert Health Screening and education program for Peripheral Arterial Disease Sep 21, 10 am-3 pm at the Standish Congregational Church, Oak Hill Rd. Appointments available; walk-ins welcome. For more information, call the Osteopathic Hospital of Maine at 879-8035.



3 mos. \$129.
for

Enjoy Portland's finest and most convenient fitness center. We have the equipment and the amenities you want at a price you can live with.

JOIN BEFORE SEPT. 30 AND GET A FREE T-SHIRT!

• NO INITIATION FEE • FREEZE POLICY AVAILABLE • 12X12 JACUZZI • NAUTILUS CENTER • AEROBICS • SAUNAS • STEAMROOMS • 3 TANNING BOOTHS • LIFECYCLES • STAIRMASTER • ROW ERGOMETER • JAZZERCISE • SELF DEFENSE COURSES

Portland Regency HEALTH CLUB

20 MILK ST. - OLD PORT 774-4200

You Read Casco Bay WEEKLY

Let our advertisers know.

Thank them for supporting...
Portland's Powerful Alternative

Community Cable Network

week of 9/14/89

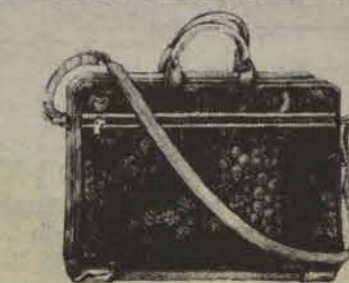
Power & Steele on Theater
Local artistic directors (1/2 hr.)
USM Close Ups
Columbian cocaine cartels (1/2 hr.)
Health Views
"Always There" - nursing (1 hr.)
In the Gallery
Chris Crossman, dir., Farnsworth (1/2 hr.)
Pchum Binda
Cambodian Festival (1/2 hr.)

Programs premiere Fri. 7-10pm, in order listed & repeat Sat., Sun., & Mon. 1-4 & 7-10pm and Tues., Wed., & Thurs. 9am-noon.
Cable Channel 16 in Portland, So. Portland, Cape Elizabeth, Scarborough & Falmouth. Channel varies in Gorham.

ON MY SALARY, \$2.50
FOR 1/2 SANDWICH & A CUP
OF SOUP AT HOME PLATE
IS A DREAM COME TRUE

HOME PLATE
Breakfast & Lunch
5 Dana St., Old Port • 761-9567
Open Daily 5 a.m.-Sat-Sun 6 a.m.

PORTMANTEAU
36 Wharf Street
Portland, Maine 04101 207-774-7216



Life has enough hard edges.
Carry the work that feeds your belly in a bag that's a feast for the eye.

MORE

Undoubtedly Portland's Finest Pizza and Steak Sandwiches

All your favorite sporting events via satellite dish on our two big screen TVs.

Twin Lobster Dinner \$9.95

HOURS:
Lunch 11-4 Dinner 4-10
Lounge open until 1:00

Tel: 773-3530

BRUNO'S

33 INDIA ST.
PORTLAND
773-3530

Free parking • VISA • MASTERCARD • AMERICAN EXPRESS

On Camera

1989 Fall Class Schedule

VO I, Weds, 5-6:30
Sept. 20 - Oct. 18
VO II, Weds, 5-6:30
Oct. 25 - Nov. 29
TV I, Tues, 7-9
Sept. 19 - Oct. 24
TV II, Mon, 6:30-8:30
Oct. 2 - Nov. 6
Improvisation, Thurs, 7-9
Sept. 28 - Nov. 16
Course and faculty descriptions
are available by calling

EBERHARDT/IMPACT
ON CAMERA - IN PERSON

775-6558
142 High St.
Portland, ME 04101 Suite 634

BIG CHIEF

& The Continentals

Playing R & B, Motown,
Sixties Classics, Swing &
Miscellaneous Musical Jewels

Available for
weddings, special events,
company and private parties.

Call: 774-4349 or 767-0873

Sept. 15-16
ROSA'S • Portsmouth, NH

Sept. 18
Benefit for Neil Einstein's Family
THE PRESSROOM • Portsmouth, NH

Sept. 21
T-BIRDS • Portland

FULL SIZE
LUXURY ENTERTAINMENT

DRY DOCK

Restaurant and Tavern

• Our deck is still open for you sunworshippers!
• Luncheon Specials Every Day!

Fri. & Sat.
Sept. 15-16

the Kopterz

Fri. & Sat.
Sept. 22-23

SPLIT
50



HAPPY HOUR
4-6 MON.-FRI.
on the waterfront
in the Old Port
84 Commercial Street
Portland, ME • 774-3550

I Bet You Didn't Know

by Frank Gaziano

Here's an interesting sports puzzle... Who's the only man in sports who had his number retired by TWO different professional teams... Answer is Casey Stengel... His number 37 was retired by both the New York Yankees and the New York Mets, both of whom he managed.

How many products, food, beverages, etc., have been #1 in sales for over 35 years? Answer - only, Budweiser. Although we've talked before in this column about the man who had only one arm and yet played big league baseball, Pete Gray - here's another fact about him that was recently discovered...



in America? It was built on the farm of Joseph Fox in Foxburg, Pa., in 1887... The next course built in the U.S. was Yonkers, N.Y., in 1888. Beer is a good part of the good life - Drink responsibly!

Hats Off To...

All those who participated in the Angie Abraham Scholarship Fund Road Race Aug. 29.

OUTSIDE

Maine Outdoor Adventure Club

MOAC welcomes people of all skill levels for year-round outings. Upcoming trips: Mountain Bike Ride on Mount Desert Sep 16, moderate level ride, 871-0264; Bald Face Mountain Hike Sep 24, moderate level hike, 772-9831.

Pizza Rides Casco Bay Bicycle Club is sponsoring Thursday night bicycle rides. Meet at 5:30 pm at Pat's Pizza, Rt. 1, Oak Hill, Scarborough. Rides are 10-20 miles; pizza after. For more information call Keith at 799-1085.

Maine Audubon Society Upcoming field trips: Boat trip from Boothbay Harbor to view migrating waterfowl Sep 15, 9:30 am-4:30 pm; Pilgrimage to Concord, Massachusetts Sep 23, 7:30 am-6 pm; Monhegan Island trip Sep 29-Oct 1. For more information on any of these trips, call 781-2330.

Wildlife of Northern New Hampshire - Naturalist Adventure Three-day course Sep 15-17 offered by the Appalachian Mountain Club at their Pinkham Notch Camp in New Hampshire. For more information, call 603-468-2727.

Casco Bay Bicycle Club Upcoming rides: Bar Harbor Weekend, Sep 16-17, 871-0264; back roads of Freeport, 15 miles, Sep 18, 5:45 pm, 865-3636; Sebago Lake, 36 miles Sep 23, 9 am, 892-3385; Franconia Notch Ride Sep 30, meet at Gorham Shop N Save at 9 am, 775-6761; Vinalhaven Island Weekend Oct 6-8, Ketra Crosson at 892-4402; Cumberland Runaround, 35 miles, Peter Miller, 892-6440. The club's hotline has the latest information on the club's bicycling and outdoor trips at 774-1118. Monthly meeting Sep 19, 7 pm in the Public Safety Building, Middle St., Portland. This month's meeting will be an ice cream social (bring a topping to share). The public is welcome to come and see what the club is about. For more information, call 829-4402.

Before Our Time Historical tour to read the landscape for clues of the past Sep 17, 2 pm at Wolfe Neck Woods State Park, Freeport. All programs are free and begin at the benches beside the second parking lot. For more information, call 865-4465 or 289-3821.

Maine Island Trail is the subject of a slide show of the 325-mile small boat waterway from Portland to Machias Sep 22, 7:30 pm at the L.L. Bean Casco Street Conference Center, Freeport. Free and open to the public. For more information, call 865-4761.

Low Tide Walk Exploration of the adaptations and feeding behavior of intertidal plants and animals along the seaweed-covered rocky shore is being offered by the Gulf of Maine's education director Martha Agan Sep 23, 11:30 am at Kettle Cove in Cape Elizabeth. Admission is free for aquarium members, \$3 for non-members. Reservations are required, call 772-2321.

Stories for Kids Portland Public Library (871-1700): Mon, Wed and Fri, 10:30 am; Riverton Branch Library (797-2915): Fri, 10:30 am (beginning Sep 22); Peaks Island Branch (766-5540): Wed, 10:15 am; Scarborough Public Library (883-4723): Wed, 10:30 am and 1 pm (3-5 year olds) and Tue, 6:30 pm (5-6 year olds); Prince Memorial Library, Cumberland (829-3180): Wed, 10:30 am (2-3 year olds); Thu, 10:30 am (3-5 year olds).

Films for Kids Portland Public Library (871-1700): Sat, 10:30 am and Tue at 3:30 pm; Riverton Branch (797-2915): Thu-Fri, 3:30 pm; Peaks Island Branch (766-5540): Tue, 1:15 pm.

Upland Game: Planning & Gear Workshop on hunting and Maine law Sep 20, 7:30 pm at L.L. Bean's Casco Street Conference Center, Freeport. Free and open to the public. For more information, call 865-4761.

Bike for Hope Bike-a-thon Interfaith event for the benefit of the AIDS Project Sep 23, 10 am. 27-mile course to Cousins Island and back starting at St. Peter's Episcopal Church, 678 Washington Ave., Portland. Registration fee is \$10, \$5 for students. For registration form, write or call, The AIDS Project, 22 Monument Square, 5th Floor, Portland, 04101, 774-6877.

Maine Audubon Society needs volunteers interested in environmental education to help with the Society's "Secrets of the Forest" walks program. Volunteer guides, trained by professional naturalists, introduce groups of all ages to forest and wildlife ecology using a variety of games and hands-on techniques during the walks. Training sessions for volunteers will be held Sep 19-21 9:30 am-12 noon at the Main Land Sanctuary in Freeport. No previous natural history or teaching experience is necessary. For more information, call Suzanne McLeod at 781-2330.

Common Ground Country Fair is looking for volunteers to help for about one week before the fair (Sep 22-24 in Windsor) and two weeks after. The fair seeks to maintain and improve rural life in a way that sustains and improves the environment. Volunteers earn a t-shirt and same day admission for four hours of work. To become a volunteer drop a note to Common Ground Country Fair, P.O. Box 2176, Augusta, ME, 04338 or call 623-5115.

Refugee Resettlement Program needs sponsors to be friends to newly-arrived refugees and their families. Sponsors are asked to provide temporary housing (one to two weeks), locate donated furnishings for apartments, cross-cultural orientation and help with social situations. After application and interview are completed sponsors have a short training session in their home. For more information, call the Center for Voluntary Action at 874-1015.

United Way needs people to label and staple approximately 3,800 newsletters in preparation for mailing Sep 19, 8:30 am-5 pm. For more information, call the Center for Voluntary Action at 874-1015.

Hospice Volunteer Training for Cumberland County by Hospice of Maine begins Sep 20. To register, call 774-4417.

FOR KIDS

Noodle Doodle Box Play about two clowns and a drum majorette who come between them Sep 16, 23 and 30 at 10 am and 2 pm; Sep 17, 24 and Oct 1 at 12:30 and 3 pm at the Theater at Monmouth, Monmouth. For reservations and information, call 933-9999.

Portland Recreation After-school Programs at the Riverton Community Center, 1600 Forest Ave; Cummings Community Center, Munjoy Hill; and the Reiche Community Center, 166 Brackett St. Special programs include basketball, soccer, roller skating and dance. For more information, call 874-8793.

Casco Bay Youth Hockey Association invited kids ages 6 and up to play during the 1989-90 season. The program takes place at the Portland Ice Arena and the North Yarmouth Academy Ice Arena. Registration is Sep 18, 6:30-8:30 pm at Portland Ice Arena, Park Ave; Sep 19, 6:30-8:30 pm at Yarmouth High School cafeteria, W. Elm St. For more information, call 846-9653.

Children's Museum, 746 Stevens Ave., Portland. Paper Making Exhibit includes paper displays, instructional classes on paper making and paper making facilities. Energy Exhibit offers hands-on learning with computer software, puzzles, demonstration and more to look at energy use in Maine. Both exhibits open Sep 23. For more information, call 797-KITE.

Roller skating Lessons Portland Recreation is offering lessons for both beginners and advanced beginners ages 6-10. Lessons for beginners will be held on four Saturdays, Sep 23-Oct 14, 9-10 am; advanced beginners on three Saturdays, Oct 21-Nov 4, 9-10 am. Registration deadline is Sep 20 for beginners, Oct 11 for advanced beginners. \$15 for residents, \$20 for non-residents. For more information, call 874-8793.

Resolve Support network for infertile people sponsors workshops and support groups. For more information, call 774-4357 or 846-4379.

Portland Coalition for the Psychiatrically Labeled, a consumer self-help group for persons with mental illness, holds peer support groups every Tuesday and Wednesday afternoon 1:30-2:15. The groups take place at the Portland Coalition offices at 142 High Street, Suite 501, Portland. For more information, call Cathie Long at 772-2208.

Depressive and Manic Depressive Anonymous Support and information group meets Mondays, 7 pm at Woodfords Congregational Church, 202 Woodfords St., Portland. For more information, call 774-HELP.

Young Fathers Program at the Portland YMCA, 70 Forest Ave., offers a support group for young fathers every Monday at 6 pm. Educational groups are held on the second Tuesday of each month. For more information, call Betsy at 874-1111 ext. 221.

Transupport is a non-profit, non-sexual, social and educational peer support group for transsexuals, crossdressers, their families, friends and people interested in gender issues. Meetings are held every other Sunday at 6 pm. For more information, call 854-3528 or write to Transupport, P.O. Box 17622, Portland 04101.

The AIDS Project, 22 Monument Square (fifth floor), Portland, lists many support groups around Portland for PWAs and the lovers, caregivers and friends of PWAs. For more information, call 774-6877.

The Family Crisis Shelter, a battered women's advocacy project, is sponsoring a training session for all people interested in volunteering beginning Sep 18. Volunteer positions include court advocate, women's advocate, shelter and children's advocate. Positions are also available in the Bath Outreach Office. Flexibility and sensitivity to the needs of battered women and children are essential. For more information, call 874-1197.

HELP

The Family Crisis Shelter holds weekly women's support groups in Portland and Brunswick, offering mutual support and education for women who are or have experienced violence in their relationships. For meeting locations and times, call the FCS at 874-1197.

Divorce Support Group Wednesdays 6:30-8 pm at the Kimball Health Center, 33 Lincoln St., Saco. For more information, call 282-7504.

MADD Weekly Victim Support Group Survivors, their families and all whose lives have been changed dramatically at the hands of a drunk driver may share the emotional aftermath of such a crime with others of the same experience. The group meets Thursdays, 7 pm at the MADD office, 9 Deering St., Portland. For more information, call 773-MADD.

Resolve Support network for infertile people sponsors workshops and support groups. For more information, call 774-4357 or 846-4379.

Portland Coalition for the Psychiatrically Labeled, a consumer self-help group for persons with mental illness, holds peer support groups every Tuesday and Wednesday afternoon 1:30-2:15. The groups take place at the Portland Coalition offices at 142 High Street, Suite 501, Portland. For more information, call Cathie Long at 772-2208.

Depressive and Manic Depressive Anonymous Support and information group meets Mondays, 7 pm at Woodfords Congregational Church, 202 Woodfords St., Portland. For more information, call 774-HELP.

Young Fathers Program at the Portland YMCA, 70 Forest Ave., offers a support group for young fathers every Monday at 6 pm. Educational groups are held on the second Tuesday of each month. For more information, call Betsy at 874-1111 ext. 221.

Transupport is a non-profit, non-sexual, social and educational peer support group for transsexuals, crossdressers, their families, friends and people interested in gender issues. Meetings are held every other Sunday at 6 pm. For more information, call 854-3528 or write to Transupport, P.O. Box 17622, Portland 04101.

The AIDS Project, 22 Monument Square (fifth floor), Portland, lists many support groups around Portland for PWAs and the lovers, caregivers and friends of PWAs. For more information, call 774-6877.

The Family Crisis Shelter, a battered women's advocacy project, is sponsoring a training session for all people interested in volunteering beginning Sep 18. Volunteer positions include court advocate, women's advocate, shelter and children's advocate. Positions are also available in the Bath Outreach Office. Flexibility and sensitivity to the needs of battered women and children are essential. For more information, call 874-1197.

The Family Crisis Shelter, a battered women's advocacy project, is sponsoring a training session for all people interested in volunteering beginning Sep 18. Volunteer positions include court advocate, women's advocate, shelter and children's advocate. Positions are also available in the Bath Outreach Office. Flexibility and sensitivity to the needs of battered women and children are essential. For more information, call 874-1197.

The Family Crisis Shelter, a battered women's advocacy project, is sponsoring a training session for all people interested in volunteering beginning Sep 18. Volunteer positions include court advocate, women's advocate, shelter and children's advocate. Positions are also available in the Bath Outreach Office. Flexibility and sensitivity to the needs of battered women and children are essential. For more information, call 874-1197.

classified

deadline: noon Monday use coupon below or call Mark Kelleher at 775-6601

roommates

M/F ROOMMATES Non-smoker to share 3 bdrm house in Windham with views of Sebago Lake and Western mountains. \$160 per month plus 1/3 utilities. Call 892-7962-Bill, keep trying.

QUIET Working male to share spacious 2-bdrm. apt. Portland. Wall to wall carpet, washer/dryer, heat included, \$260 per month, \$125 deposit, half utilities. 761-7059.

DEERING AREA Female roommate wanted. No pets, large sunny 2-bdrm with washer/dryer, parking, yard, \$325 inc. all 774-4440 eves. or 772-1333 days.

HOUSEMATE For large house at Crescent Beach, 7 miles from town. Mature professional non-smoker, \$220 plus shared utilities, avail. Oct. 1. 767-3152.

ROOMMATE Male or Female wanted for 3-bdrm. apt one block from Prom. Sunny, hardwood floors, back porch, \$185 per month plus 1/3 utilities. Call 879-0519 after 6 or Lisa 774-4518 days.

MOVING to Portland, single business man, 37, and Shelli (optional), would like ideal situation for limited need (I travel) housemate. Companion for bill-cutting, special projects in your home. SOWF preferred. 772-9778, leave message.

RESPONSIBLE individual sought to share sunny spacious West end apt. Non-smoker, no pets, \$300 per month & utilities. 761-7044.

APT. TO SHARE Looking for straight, non-smoking female to share 2 bedroom w/same. 3 mi. from Northgate on Rt. 100. \$65 per week + 1/2 heat and phone. Call 797-2591.

HOUSEMATE - male or female to share large first floor, two bedroom apt. Washer and dryer, fireplace. Must be neat, responsible, and outgoing. \$200 security. \$175 per month plus utilities. 772-1904.

PEACE ORIENTED music lover looking for same M or F non-smoker. Laundry use, parking, small but comfy apt. \$238 plus electric. OOB area. Call, leave message for Jon. 934-9117.

HOUSEMATE wanted: clean, neat and quiet to share large three bedroom apt., Woodfords area. \$150 sec. deposit. \$240 per month. Utilities included. Call 770-3898 days or 772-7015 evenings.

SEEKING NEAT Professional M/F (25-35) to look for and share nice 2-bdrm. apt. in or near Portland. I can furnish apt. except bed. I have 2 cool strictly indoor cats. Need by Oct. 1. Garry 775-6601 days, 871-1001 eves.

HOUSEMATE wanted: clean, neat and quiet to share large three bedroom apt., Woodfords area. \$150 sec. deposit. \$240 per month. Utilities included. Call 770-3898 days or 772-7015 evenings.

PERFECT PERSON Sought: Housemate wanted for sunny, 2 bedroom West End apartment. Great yard. \$275/mo. plus utilities. Non-smoker. Please call 761-4569 or 879-7019.

RESPONSIBLE non-smoking male/female wanted to share private, beachfront, furnished home in O.O.B. Available 9/29 to 6/90. \$350 per month, utilities included. Call 772-8519 after 5 pm.

ROOMMATE WANTED: professional female, 25, feminist, cat owner, ACOA in non-smoker. Laundry use, program person to apartment hunt with for Oct. 1. Non-smoker. 761-4610. Leave message.

ROOMMATE WANTED: Neat, sober, non-smoker to share 3-bdrm apt. on Portland's West end. Large, spacious apt., hardwood floors and fireplace in living room. Includes dining room kitchen, pantry and back porch allowing for privacy. Rent \$175. plus 1/3 util. Call 761-7022.

A GREAT APT. M/F roommate wanted for sunny 2-bdrm. apt. in Woodfords area. Hardwood floors, parking, extras. \$325 & 1/2 utilities & deposit. Must like cats. Avail. 10-1. 967-0912. 773-3152.

TO SHARE sunny, spacious 2-bbdrm. in S. Portland. Seeking clean responsible female, non-smoker, \$300 per month, lease and security. 772-1996.

GWM looking for someone to share their apartment with me. I am a neat, non-smoker, non-drinker, non-drug. Not looking for a relationship. Can spend about \$300 per month and hopefully get parking. Write PO box 6651 Portland 04101

WOODFORDS responsible M/F to share comfortable, sunny, 3-bdrm Hartley St. home. Neat, clean, non-smoker preferred. \$300 plus shared utilities, available now. Garry 767-3152.

ROOMMATE wanted M/F to share spacious 2-bdrm in S. Portland. Exposed beams, parking and deck. \$337 per month heat plus 1/2 utilities. Non-smoker and good attitude a plus. Chris 77333-5297.

SEEKING NEAT Professional M/F (25-35) to look for and share nice 2-bdrm. apt. in or near Portland. I can furnish apt. except bed. I have 2 cool strictly indoor cats. Need by Oct. 1. Garry 775-6601 days, 871-1001 eves.

HOUSEMATE wanted: clean, neat and quiet to share large three bedroom apt., Woodfords area. \$150 sec. deposit. \$240 per month. Utilities included. Call 770-3898 days or 772-7015 evenings.

PERFECT PERSON Sought: Housemate wanted for sunny, 2 bedroom West End apartment. Great yard. \$275/mo. plus utilities. Non-smoker. Please call 761-4569 or 879-7019.

RESPONSIBLE non-smoking male/female wanted to share private, beachfront, furnished home in O.O.B. Available 9/29 to 6/90. \$350 per month, utilities included. Call 772-8519 after 5 pm.

ROOMMATE WANTED: professional female, 25, feminist, cat owner, ACOA in non-smoker. Laundry use, program person to apartment hunt with for Oct. 1. Non-smoker. 761-4610. Leave message.

ROOMMATE WANTED: Neat, sober, non-smoker to share 3-bdrm apt. on Portland's West end. Large, spacious apt., hardwood floors and fireplace in living room. Includes dining room kitchen, pantry and back porch allowing for privacy. Rent \$175. plus 1/3 util. Call 761-7022.

A GREAT APT. M/F roommate wanted for sunny 2-bdrm. apt. in Woodfords area. Hardwood floors, parking, extras. \$325 & 1/2 utilities & deposit. Must like cats. Avail. 10-1. 967-0912. 773-3152.

TO SHARE sunny, spacious 2-bbdrm. in S. Portland. Seeking clean responsible female, non-smoker, \$300 per month, lease and security. 772-1996.

GWM looking for someone to share their apartment with me. I am a neat, non-smoker, non-drinker, non-drug. Not looking for a relationship. Can spend about \$300 per month and hopefully get parking. Write PO box 6651 Portland 04101

WOODFORDS responsible M/F to share comfortable, sunny, 3-bdrm Hartley St. home. Neat, clean, non-smoker preferred. \$300 plus shared utilities, available now. Garry 767-3152.

ROOMMATE wanted M/F to share spacious 2-bdrm in S. Portland. Exposed beams, parking and deck. \$337 per month heat plus 1/2 utilities. Non-smoker and good attitude a plus. Chris 77333-5297.

SEEKING NEAT Professional M/F (25-35) to look for and share nice 2-bdrm. apt. in or near Portland. I can furnish apt. except bed. I have 2 cool strictly indoor cats. Need by Oct. 1. Garry 775-6601 days, 871-1001 eves.

HOUSEMATE wanted: clean, neat and quiet to share large three bedroom apt., Woodfords area. \$150 sec. deposit. \$240 per month. Utilities included. Call 770-3898 days or 772-7015 evenings.

PERFECT PERSON Sought: Housemate wanted for sunny, 2 bedroom West End apartment. Great yard. \$275/mo. plus utilities. Non-smoker. Please call 761-4569 or 879-7019.

RESPONSIBLE non-smoking male/female wanted to share private, beachfront, furnished home in O.O.B. Available 9/29 to 6/90. \$350 per month, utilities included. Call 772-8519 after 5 pm.

ROOMMATE WANTED: professional female, 25, feminist, cat owner, ACOA in non-smoker. Laundry use, program person to apartment hunt with for Oct. 1. Non-smoker. 761-4610. Leave message.

ROOMMATE WANTED: Neat, sober, non-smoker to share 3-bdrm apt. on Portland's West end. Large, spacious apt., hardwood floors and fireplace in living room. Includes dining room kitchen, pantry and back porch allowing for privacy. Rent \$175. plus 1/3 util. Call 761-7022.

A GREAT APT. M/F roommate wanted for sunny 2-bdrm. apt. in Woodfords area. Hardwood floors, parking, extras. \$325 & 1/2 utilities & deposit. Must like cats. Avail. 10-1. 967-0912. 773-3152.

TO SHARE sunny, spacious 2-bbdrm. in S. Portland. Seeking clean responsible female, non-smoker, \$300 per month, lease and security. 772-1996.

GWM looking for someone to share their apartment with me. I am a neat, non-smoker, non-drinker, non-drug. Not looking for a relationship. Can spend about \$300 per month and hopefully get parking. Write PO box 6651 Portland 04101

WOODFORDS responsible M/F to share comfortable, sunny, 3-bdrm Hartley St. home. Neat, clean, non-smoker preferred. \$300 plus shared utilities, available now. Garry 767-3152.

ROOMMATE wanted M/F to share spacious 2-bdrm in S. Portland. Exposed beams, parking and deck. \$337 per month heat plus 1/2 utilities. Non-smoker and good attitude a plus. Chris 77333-5297.

SEEKING NEAT Professional M/F (25-35) to look for and share nice 2-bdrm. apt. in or near Portland. I can furnish apt. except bed. I have 2 cool strictly indoor cats. Need by Oct. 1. Garry 775-6601 days, 871-1001 eves.

HOUSEMATE wanted: clean, neat and quiet to share large three bedroom apt., Woodfords area. \$150 sec. deposit. \$240 per month. Utilities included. Call 770-3898 days or 772-7015 evenings.

PERFECT PERSON Sought: Housemate wanted for sunny, 2 bedroom West End apartment. Great yard. \$275/mo. plus utilities. Non-smoker. Please call 761-4569 or 879-7019.

RESPONSIBLE non-smoking male/female wanted to share private, beachfront, furnished home in O.O.B. Available 9/29 to 6/90. \$350 per month, utilities included. Call 772-8519 after 5 pm.

ROOMMATE WANTED: professional female, 25, feminist, cat owner, ACOA in non-smoker. Laundry use, program person to apartment hunt with for Oct. 1. Non-smoker. 761-4610. Leave message.

ROOMMATE WANTED: Neat, sober, non-smoker to share 3-bdrm apt. on Portland's West end. Large, spacious apt., hardwood floors and fireplace in living room. Includes dining room kitchen, pantry and back porch allowing for

body & soul

RETREATS for a listing of retreats, seminars, and workshops sponsored by Dwinell & Hall, please call: (207) 799-1024.

STEP Discussion group-Systematic Training for Effective Parenting is for parents and others who want better communication and more productive relationships with children. 9 week course beginning Sept. 19, 10:30 am. For more information call Casco Bay Montessori School 799-2400.

TRANSITION TO vegetarian eating style. Whole foods cooking classes, three sessions, Oct. 9, 16, 23, 10-Noon, \$45. Call 774-8888.

POWER ANIMAL Masks - Workshop Oct. 14-15 in Portland. Meet your power animal through movement, meditation. Fashion its mask. Using full moons energy, incorporate mind and hands to create a bridge between sacred and earthly worlds. Shamanic skills taught include grounding, songs, plastercloth mask-making, movement. \$125. Includes materials. Limited scholarships. Write Diana Delach, RFD 2 Box 2740, Lisbon Falls, 04252. 353-6323.

ENNEAGRAM GROUP Ancient Sufi personality indicator helps to understand self and others. Begins Mon. Sept. 18. Call John Balicki 767-7137.

COUPLES A workshop retreat for couples committed to their relationship. Oct. 13, 14 & 15, call Dwinell & Hall, 799-1024.

HEALING the child within, workshop for Adult Children of dysfunctional families. Oct. 7 or Nov. 4 in Portland. For a flyer or more information call David Lee, Med. L.S.A.C., 985-7655.

WORKSHOP Embracing your inner child. Sept. 22-23 for adults who were raised in alcoholic or abusive families. Call John Carroll 775-5903, or Nancy Shiller 775-2833 to register.

LIFE • HELP • COUNSELING

- Personal crisis counseling
- Flexible session times
- 1st phone consultation free

Charles Bunting 871-8079

Women and Body Image

Feel good about yourself in the body you have.

Ten week group, starting Sept. 26, 7-9:30 pm. Co-leaders: Caroline Loupe, Registered Dance Therapist and Marilyn Hardy, authorized Feldenkrais Practitioner.

Location: On Center, 22 St. John St., #312, Portland. Call: 767-3909 or 773-4422

HONORING OUR BODIES

Reclaiming Women's Wisdom

From our series of workshops for women focusing on a mind/body approach to wellness, we offer:

Endometriosis and Fibroids
Monday, September 18, 9 am-4 pm, Stage Neck Inn, York Harbor, Maine
Reclaiming Our Bodies' Wisdom and Trusting It in Our Lives
Wednesday, September 27, 7 pm through Sunday, October 1, 12 noon, New England Center, Durham, New Hampshire
Advance Registration Required

For further information, please write or call: **WOMEN TO WOMEN**
1 Pleasant Street Yarmouth, ME 04096 (207) 846-6167

WOMEN: Does being in love mean being in pain? Learn how to change dysfunctional relationship patterns. Therapy group now forming based on "Women Who Love Too Much." For information call 871-9256.

ANNOUNCING: DREAM Seminar lead by Dr. Paul Hux, Jungian Analyst and Pastoral Counselor. "Using Our Own Dreams." First session: Saturday, September 30, 9:00 to 4:30. Tuesdays: October 3, 10, 17, 24, 31 and November 7, 12-15 to 1:45. For information and registration call (207) 799-1024.

THE MINDFUL BODY - Wendy Moser, M.A., announces her relocation from California. Monday evening groups: pregnancy as transformation, self-acceptance training. Sliding scale. 767-3848. Private sessions for individuals and couples.

METAPHYSICAL Readings from a spiritual perspective offer insight and practical application regarding your current energy field, life lessons, past lives, personal symbols and archetypes. Tarot readings also available. Call Regina at 729-0241 6323.

NEW BOOK STORE!! Maybe Someday... now open on Munjoy Hill. Beyond New Age - simply ageless. Carefully selected, uplifting books of all kinds. Chinese temple bells, unusual cards, cassettes, 195 Congress St. between Levisky's and the Whole Grocer. 10 am to 6 pm. 773-3275.

VOLUNTEERS to share uplifting activities with delightful, holistically-oriented person with MS. Sing, read, play music, plant seedlings, go on outings, run errands, etc. 773-3275.

MEDITATION In daily life. Meditation is a way of resting the mind, opening the heart to love, and creating harmony in daily life. Five Tuesdays, beginning Sept. 26, 7:15 pm in Yarmouth. Call Carroll Dunn at 846-0764 after 6 pm. Cost is \$30.

PLACE YOUR NOTICE

on our classified pages and reach the more than 20,000 people who read Casco Bay Weekly! Call CBW's Classified Hotline: 775-6601 and use your Visa or Mastercard! Just say "Change" or "Hey, you're good at that!"

MEN'S SUPPORT: Therapy Group. Monday nights 7-9 pm. Insurance reimbursable for men who want to increase self-awareness, explore feelings and become emotionally comfortable with other men. For information contact Steve Aronson PhD, 180 State St. Portland 723-776.

ALTERED STATES of perspective, an ongoing, non-traditional approach to group therapy and personal growth through exploration of our lives from different perspectives: psychological, spiritual, emotional, mythological, historical. Designed to teach how to think differently about our lives. Call Steven Aronson PhD, 180 State St. Portland 723-776.

CHILDLIGHT Holistic well-being sessions for children nurtures inner awareness and holistic growth through centering, yoga, bioenergetics, self-esteem activities, imagery and creative arts expression. Call Marilee Musters at 846-2511.

DYNAMICS OF JOY! the forces of Love, Eros, and Sexuality with Pam Chubbuck. Certified bioenergetic therapist and Certified healing science practitioner. An experiential workshop in Core Energetics - an exciting new approach to integration. Unifies mind, body, spirit, emotions. Sept. 30 Oct. 1, in Yarmouth. Pam also does individual, couples and group psychotherapy. New Core-energetics classes starting soon. Call 846-0800 for information.

HAVE FUN Have a psychic party. Also private readings and counseling. Past lives, works hops, teacher, rebirthing. Call Audrey Boucher 775-7135.

HEALING & Meditation & Relief! with Rosemary Whitaker and Cynthia Guest in these rapidly changing times it's important to take time out to center ourselves. Together we share techniques, information, channeling, meditation and song which provides a space for relief and growth. Tues. evenings Sept. 12, 19, & 26, 7:00-9:00 PM. Cost is \$15.00 for each evening. Thompsons Pl. For information and registration call 775-7135.

STAR WARS TOYS Any size any condition. Call 761-9955.

PRINTMAKERS looking for press to rent on daily or hourly basis. Barbara 767-4136.

person to person

PERSONAL OF THE WEEK

Winner receives two free movie tickets compliments of the Maine Mall Cinema!

STRANGER IN TOWN is Haagen-Daz and late-night TV keeping you company too many nights? This attractive, exceptional SWM (32, 5'10", 160 lbs.) may have the solution. New to Portland area, I am seeking an exceptional SWF for friendship and possibly more. CBW Box 367.

ACUPUNCTURE classes with Cynthia Guest, California acupuncturist. Releasing Shoulder & Neck Tension Sept. 14 and 20, 7:30-9:30. Releasing Back Tension Sept. 7 & 27, 7:30-9:30 pm. Releasing Menstrual Tension Sept. 28, 7:30-9:30 pm. \$20 per class. Thompson Pl. For private lessons or information and registration call 773-2322.

employment

BANGOR GWM 43, healthy, intelligent, honest, sincere and discreet. I enjoy music, theater, gardening, physical fitness, good conversation, quiet evenings at home. Looking for a mature individual who shares similar qualities and interests. CBW Box 357. NOT PARTICULARLY outstanding or unusual, I am just a nice middle-aged New England lady (47) seeking a nice man with Maine sensibilities. No photo necessary. Writing will disclose all. Respond CBW Box 359.

FREE JOB information and assistance. If you have epilepsy or a seizure disorder. Upgrade your job search techniques. Learn if, when and how to tell an employer about your seizures. Talk to people who have been there. Find that "break" you have been looking for. Do it now! Contact TAPS at (207) 772-7847. Pine Tree Epilepsy, Portland, ME.

AD AGENCY Part time. Portland ad agency needs student for part-time courier and maintenance work. Must have car. Flexible hours. Call 772-8948.

wanted

APARTMENT WANTED 2 bedrooms, respectful professionals who are tired of the Old Port noise and parking problem seek a large 2-3 bdrm apt. in a good neighborhood that allows 2 dogs. Call 775-6601. \$500-600 with heat and parking included. Please call 774-8552-09-14.

STAR WARS TOYS Any size any condition. Call 761-9955.

PRINTMAKERS looking for press to rent on daily or hourly basis. Barbara 767-4136.

notices

LIBERTY is for everyone. Alternative lifestyles and individual rights must be protected. Innocent dog-owners, gun-owners, and others whose so-called "crimes" are victimless must not be molested. So long as David Koplow and his dogs have harmed no person or property then Laissez-faire! Portland Police-keep your hands off The Libertarian Party PO Box 699 Freeport 04032. 353-9711. 1-800-682-1776.

Gay? Lesbian? Join the ranks of hundreds who pay little to no money for a complete and accurate info-pack (includes a photo) and a letter. Call 775-6601. P.O. Box 10744, Portland, Maine 04104.

HOW TO RESPOND to advertisements using CBW Box Services: Write your letter to the Person-to-Person person of your choice and seal it up as you would any other piece of mail. Address it to: Casco Bay Weekly, CBW, 187 Clark Street, Portland, Maine 04102. We will forward your letter, unopened, to the boxholder within 48 hours!

CIRCULATION Occasionally we need extra help distributing our papers. If your schedule has some Wed. evenings or Thursdays free and you'd like to work for us once in a while call 883-0155

biz services

person to person

PERSONAL OF THE WEEK

Winner receives two free movie tickets compliments of the Maine Mall Cinema!

STRANGER IN TOWN is Haagen-Daz and late-night TV keeping you company too many nights? This attractive, exceptional SWM (32, 5'10", 160 lbs.) may have the solution. New to Portland area, I am seeking an exceptional SWF for friendship and possibly more. CBW Box 367.

ACUPUNCTURE classes with Cynthia Guest, California acupuncturist. Releasing Shoulder & Neck Tension Sept. 14 and 20, 7:30-9:30. Releasing Back Tension Sept. 7 & 27, 7:30-9:30 pm. Releasing Menstrual Tension Sept. 28, 7:30-9:30 pm. \$20 per class. Thompson Pl. For private lessons or information and registration call 773-2322.

employment

BANGOR GWM 43, healthy, intelligent, honest, sincere and discreet. I enjoy music, theater, gardening, physical fitness, good conversation, quiet evenings at home. Looking for a mature individual who shares similar qualities and interests. CBW Box 357. NOT PARTICULARLY outstanding or unusual, I am just a nice middle-aged New England lady (47) seeking a nice man with Maine sensibilities. No photo necessary. Writing will disclose all. Respond CBW Box 359.

FREE JOB information and assistance. If you have epilepsy or a seizure disorder. Upgrade your job search techniques. Learn if, when and how to tell an employer about your seizures. Talk to people who have been there. Find that "break" you have been looking for. Do it now! Contact TAPS at (207) 772-7847. Pine Tree Epilepsy, Portland, ME.

AD AGENCY Part time. Portland ad agency needs student for part-time courier and maintenance work. Must have car. Flexible hours. Call 772-8948.

wanted

APARTMENT WANTED 2 bedrooms, respectful professionals who are tired of the Old Port noise and parking problem seek a large 2-3 bdrm apt. in a good neighborhood that allows 2 dogs. Call 775-6601. \$500-600 with heat and parking included. Please call 774-8552-09-14.

STAR WARS TOYS Any size any condition. Call 761-9955.

PRINTMAKERS looking for press to rent on daily or hourly basis. Barbara 767-4136.

notices

LIBERTY is for everyone. Alternative lifestyles and individual rights must be protected. Innocent dog-owners, gun-owners, and others whose so-called "crimes" are victimless must not be molested. So long as David Koplow and his dogs have harmed no person or property then Laissez-faire! Portland Police-keep your hands off The Libertarian Party PO Box 699 Freeport 04032. 353-9711. 1-800-682-1776.

Gay? Lesbian? Join the ranks of hundreds who pay little to no money for a complete and accurate info-pack (includes a photo) and a letter. Call 775-6601. P.O. Box 10744, Portland, Maine 04104.

HOW TO RESPOND to advertisements using CBW Box Services: Write your letter to the Person-to-Person person of your choice and seal it up as you would any other piece of mail. Address it to: Casco Bay Weekly, CBW, 187 Clark Street, Portland, Maine 04102. We will forward your letter, unopened, to the boxholder within 48 hours!

CIRCULATION Occasionally we need extra help distributing our papers. If your schedule has some Wed. evenings or Thursdays free and you'd like to work for us once in a while call 883-0155

biz services

person to person

PERSONAL OF THE WEEK

Winner receives two free movie tickets compliments of the Maine Mall Cinema!

STRANGER IN TOWN is Haagen-Daz and late-night TV keeping you company too many nights? This attractive, exceptional SWM (32, 5'10", 160 lbs.) may have the solution. New to Portland area, I am seeking an exceptional SWF for friendship and possibly more. CBW Box 367.

ACUPUNCTURE classes with Cynthia Guest, California acupuncturist. Releasing Shoulder & Neck Tension Sept. 14 and 20, 7:30-9:30. Releasing Back Tension Sept. 7 & 27, 7:30-9:30 pm. Releasing Menstrual Tension Sept. 28, 7:30-9:30 pm. \$20 per class. Thompson Pl. For private lessons or information and registration call 773-2322.

employment

BANGOR GWM 43, healthy, intelligent, honest, sincere and discreet. I enjoy music, theater, gardening, physical fitness, good conversation, quiet evenings at home. Looking for a mature individual who shares similar qualities and interests. CBW Box 357. NOT PARTICULARLY outstanding or unusual, I am just a nice middle-aged New England lady (47) seeking a nice man with Maine sensibilities. No photo necessary. Writing will disclose all. Respond CBW Box 359.

FREE JOB information and assistance. If you have epilepsy or a seizure disorder. Upgrade your job search techniques. Learn if, when and how to tell an employer about your seizures. Talk to people who have been there. Find that "break" you have been looking for. Do it now! Contact TAPS at (207) 772-7847. Pine Tree Epilepsy, Portland, ME.

AD AGENCY Part time. Portland ad agency needs student for part-time courier and maintenance work. Must have car. Flexible hours. Call 772-8948.

wanted

APARTMENT WANTED 2 bedrooms, respectful professionals who are tired of the Old Port noise and parking problem seek a large 2-3 bdrm apt. in a good neighborhood that allows 2 dogs. Call 775-6601. \$500-600 with heat and parking included. Please call 774-8552-09-14.

STAR WARS TOYS Any size any condition. Call 761-9955.

PRINTMAKERS looking for press to rent on daily or hourly basis. Barbara 767-4136.

notices

LIBERTY is for everyone. Alternative lifestyles and individual rights must be protected. Innocent dog-owners, gun-owners, and others whose so-called "crimes" are victimless must not be molested. So long as David Koplow and his dogs have harmed no person or property then Laissez-faire! Portland Police-keep your hands off The Libertarian Party PO Box 699 Freeport 04032. 353-9711. 1-800-682-1776.

Gay? Lesbian? Join the ranks of hundreds who pay little to no money for a complete and accurate info-pack (includes a photo) and a letter. Call 775-6601. P.O. Box 10744, Portland, Maine 04104.

HOW TO RESPOND to advertisements using CBW Box Services: Write your letter to the Person-to-Person person of your choice and seal it up as you would any other piece of mail. Address it to: Casco Bay Weekly, CBW, 187 Clark Street, Portland, Maine 04102. We will forward your letter, unopened, to the boxholder within 48 hours!

CIRCULATION Occasionally we need extra help distributing our papers. If your schedule has some Wed. evenings or Thursdays free and you'd like to work for us once in a while call 883-0155

Casco Bay Weekly

for sale

DOGMAN SHIRTS

Show the Court System and the Portland Police Department how you feel about what they did to David "The Dogman" Koplow. For you "HANDS OFF THE DOGMAN" photo T-shirt, send \$12 (cash, check or money order) to: Dogman Shirt, P.O. Box 16047, Portland, ME 04101. Specify size (M/L/XL) and what address you want your shirt mailed to.

COMPUTER Commodore Amiga A-500, 1.5 MEG, internal plus 1010 external drive, 2002 color monitor, music & Digi-View software included. \$950. (1600 num) 865-0949 evens.

ROLLING STONES Tickets Foxboro, Friday Sept. 29. Great seats, section 321 Four tickets left, \$200. per pair. Call 934-7898

STONES TICKETS For Sunday Oct. 1 Side rear bleacher seats, \$100. per pair. Cash only please. 874-0780, evens.

OAK Mediterranean double door armoire-6-drawer, excellent condition, \$275. Matching end table with slate top, \$40. Bookcase- \$25. Lincoln Rocker, maple, excellent condition-\$50. Tempwood top-loading woodstove used 2 seasons \$225. Call 761-4663, ask for Joe.

MOVING - Must sell office desk 5' x 2 1/2' with file drawer, good body, PS/PS, tilt, cruise control, one previous owner, maintenance record avail. on request. For test drive write P.O. Box 8424 Portland, ME. 04101.

WHISTLES The Rape Crisis Center has whistles available for \$3. Great for key chains - also come with breakaway neck chain. Proceeds benefit the RCC 24-hour hotline for victims of sexual assault. Call 774-3613 for more information.

NEED FURNITURE? Why not rent with option to buy. TVs, furniture and appliances from Rent-A-Set. Elm St. Topsham, ME. 729-6637.

ERIN POOK'S Comeek and Marlys fans, ... Lynda Barry has created a t-shirt just for Marlys. Show your friends where you went this summer "Visit Marlys' World and Universe + Galaxy". Shirts are 100% cotton with black ink. In adult SM, MED, LG and XLG sizes. Send check or money order for \$12.95 to: Greytag, P.O. Box 99093-CB, Seattle, WA 98199-0093. Get on our mailing list too.

19 FT. SEBAGO Suncraft inboard/outboard Volvo Penta, 4 cyl, twin carb, solid boat, needs minor work. \$1000 firm. Call 883-1473 between 10am to 5pm.

MACINTOSH SE with 20MB internal drive. Includes hypercard, mouse, keyboard. Brand new in box. Call 871-8964 evenings.

WOODSTOVE Jotul model 11 Benamel forest green, takes 2-ft. logs; excellent heating capacity and beautiful appearance. \$400. Call 773-8447.

FISHER Component stereo system with CD player, dual tape deck and much more. Also, a set of Gensound concert speakers, 270 watts per channel. Also, a Charvel guitar. Sun 80-watt guitar amp, effects pedals. 8-piece Ludwig drum set, Ibanez guitar, Kenwood car stereo. Call for price, will consider all offers. 772-8931, 874-0000 after 5:00. Ask for Dave.

ARE YOU bulging with kittens, puppies or rabbits? Do you want good future homes for these new members of your extended family? Why not place a classified in Casco Bay Weekly? \$5 gets you up to 30 words, more than enough space to tell a good home for the whole litter, if necessary. Call CBW Classified Hotline: 775-6601.

CLASSIFIED CHARGE BY PHONE 775-6601

MasterCard **VISA**

biz services

wheels

FACIALS: Organic aloe vera products. Face scrub, mask, herbal steam, blackhead-whitehead, and waxing oil removal plus a foot massage. Enjoy a thoroughly clean face. Joni at 773-0463

PAINTLESS PHOTOGRAPHY - Portraits. All occasions, special projects. "This won't hurt a bit." User friendly! Call Steve Harris - 846-1448.

TAKE ADVANTAGE! Our classifieds reach well over 20,000 active readers every week!

GIVE YOURSELF EXTRA SPACE • INSIDE STORAGE • OUTSIDE STORAGE for CARS, BOATS, ETC. Starting at \$25 a month STOR-N-LOK 797-0606

Garage Sale Order Now For A 2 Car Garage On a cement slab for A Tremendous Price of \$4,700 with this coupon

THE WALLPAPER EXPERT Careful installation of all wallcoverings • QUALITY WORK • COMPETITIVE RATES CALL 761-2948

THE DOCTOR OF ELECTRONICS AT HARVEY'S T.V. 863 Congress St. Portland 772-6467

The Maine Emporium Specializing in Maine Crafts for you and your home. Open Wed-Sun 11-6pm. 85 York St. Portland 871-0112

STAND OUT WITH DISPLAY CLASSIFIED! Free Design Service! 775-6601

0% FINANCING On your next used car purchase LOW PRICES LOW DOWN PAYMENTS LOW WEEKLY PAYMENTS Richard Nest two BROTHERS II 856-0000

Lake Side Carpet Cleaning Fall Carpet Cleaning Special Clean any 5 Rooms, any size only \$89.95

The Bodyshop Specializing in Collision Repair Subaru, Honda, Nissan, Toyota

ATTENTION AUTO OWNERS! Sell Your "Wheels" For Only \$15

yard sale BIG YARD SALE Sat. Sept. 16. Shore road, Cape Elizabeth. Follow signs past "Cookie Jar". Household items, some furniture, clothes, TVs, lap-top computer, electric snow thrower and much more.

2-FAMILY Yard sale Sat. Sept. 16, 9-4. Stove, misc. household items, kids clothes, toys, all excellent condition. 98 & 102 Abby Ln. Portland. Rain date 9-17.

YARD SALE 4 8 Thompson St. S. Portland, Sat. Sept. 16, 10:30-3:30. Clothes, windsurfer, gas stove top range with cabinet. Lots of misc. household items, rain or shine!

HAVING A YARD SALE? Instead of hand-lettered signs on telephone poles, advertise it in Casco Bay Weekly. You get up to 30 words for \$5 - sell one old toaster and the ad pays for itself!

Call Don, Toll Free at 1-800-312-1425 Serving the Greater Portland Area and the Islands Ask About Upholstry Cleaning Special

1901 Forest Ave., Portland 797-3510

ATTENTION AUTO OWNERS! Sell Your "Wheels" For Only \$15

If your vehicle isn't sold after three weeks, we'll continue running the ad until your vehicle is sold, at no additional charge! To continue your ad, you must notify us by Monday noon of the fourth week. Missing this deadline voids the guarantee. Ads are limited to 30 words. No refunds. This guarantee is not applicable to businesses which derive regular income from the sale of vehicles.

MasterCard **VISA**

CLASSIFIED CHARGE BY PHONE 775-6601

Garage Sale Order Now For A 2 Car Garage On a cement slab for A Tremendous Price of \$4,700 with this coupon

THE WALLPAPER EXPERT Careful installation of all wallcoverings • QUALITY WORK • COMPETITIVE RATES CALL 761-2948

THE DOCTOR OF ELECTRONICS AT HARVEY'S T.V. 863 Congress St. Portland 772-6467

The Maine Emporium Specializing in Maine Crafts for you and your home. Open Wed-Sun 11-6pm. 85 York St. Portland 871-0112

STAND OUT WITH DISPLAY CLASSIFIED! Free Design Service! 775-6601

0% FINANCING On your next used car purchase LOW PRICES LOW DOWN PAYMENTS LOW WEEKLY PAYMENTS Richard Nest two BROTHERS II 856-0000

Lake Side Carpet Cleaning Fall Carpet Cleaning Special Clean any 5 Rooms, any size only \$89.95

The Bodyshop Specializing in Collision Repair Subaru, Honda, Nissan, Toyota

21es

We've Turned Prices Upside Down

Super Fall Paint Specials from muralo

*A Free Roller & Extension Tube with purchase of 4 gal. Quik-Tred Floor & Patio Paint for only \$16.99 gal.
*Latex Enamel Undercoater \$11.99 gal.
Save \$4.00

*Ultimate Acrylic House paint
Flat **\$17.99** gal.
Mid Gloss **\$18.99** gal.

*20% off all Muralo Interior Paint; gal. only

**Free Coupons With Every Purchase
For Great Discounts at Lisa's Pizza,
Dunkin' Donuts and Suburban Agway**

**Free Painter's Caps or Yardsticks
With Every Purchase**

Win A Lucky Logan Prize

1st Prize - You Can Paint Your Whole House Free!
(Up to \$690.00 in paint)

2nd Prize - a 24' Aluminum Extension Ladder

Three 3rd Prizes - 5 gallons of Interior Latex Paint

4th Prize - A Perry Staging - good for many jobs

5th Prize - 100 lbs. of quality Agway Sunflower Seeds

Fall Extravaganza Specials

- Caulking Guns \$1.99 Reg. \$3.62
- Poly Foam Brushes Buy 2, get 1 FREE
- Paper/Plastic Drop Cloths \$2.99
- Aqua Caulk \$1.29 A Tube
- In-Stock Ladders - 15% OFF
- Elder Jenks Paint Brushes 15% OFF
- Putty Knives 25¢ each

Plus Many, Many, Many In-stock Specials

Sale runs Saturday, Sept. 16th through Saturday, Sept. 23rd.

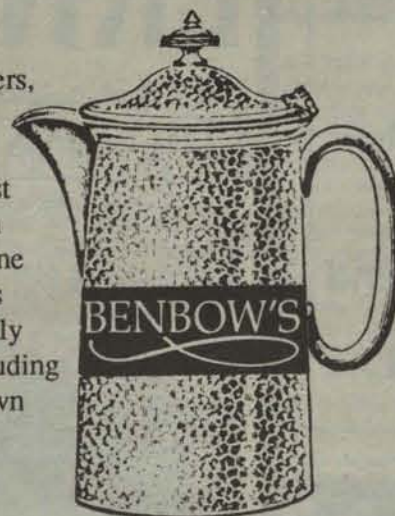
Note: We reserve the right to limit quantities.

971 Congress Street Portland, ME 7:30 - 5:00 M-F, 8:00 - 1:00 Saturday



THE BEST GOURMET COFFEE

Benbow's Coffee Roasters, blended, roasted & flavored in Bar Harbor and sold in many of New England's finest coffee shops. In the European tradition of freshly roasting one pound at a time, every bean is roasted to perfection! Heavenly flavor, over 40 varieties (including organic blends) and free intown delivery through September.



MAXWELL'S
Specialty Housewares
100 COMMERCIAL ST.
IN THE THOMAS BLOCK,
JUST NORTH OF DUMMIS
773-7977

Wise Trading Co. Inc.

498 Congress Street, Portland
772-3932

Our jewelry is already half the cost of retail...

But now all

Gold and Diamonds are 25% Off!

• Stereos • TVs • Musical Instruments
Tools • Antiques • Guns • VCRs

Portland Store ONLY VCRs only \$149.50 while they last! Portland Store ONLY

4 STORES TO SERVE YOU

498 Congress Street, Portland • 330 Lisbon Street, Lewiston
155 Front Street, Bath • 185 Water Street, Augusta

"We buy anything worth buying"

BUY • SELL • TRADE